



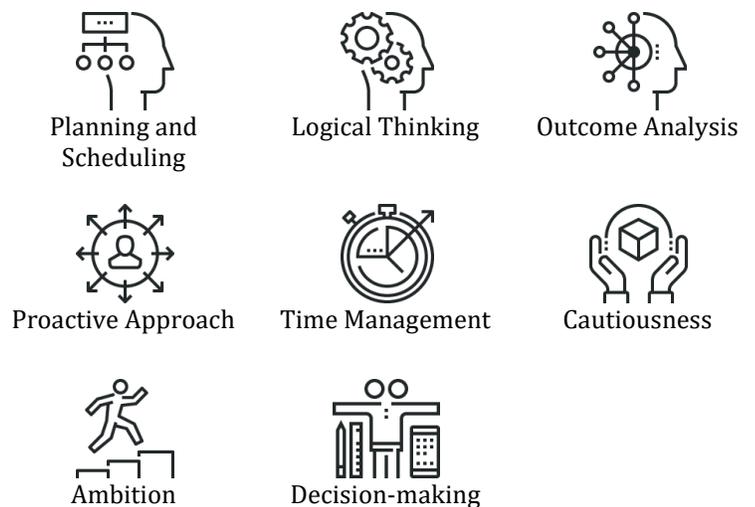
Self-Management Questionnaire (DSMQ)

Preparation Guide

The Self-Management Questionnaire (DSMQ) is a personality inventory developed by examining the common personality traits found in individuals displaying high levels of self-management. Self-Management is a key skill which greatly improves one's life by setting regular goals, improving time management, and effort. Individuals with high levels of self-management will be able to efficiently monitor, evaluate, and reinforce various strategies used in their daily life. They will be able to prioritize, plan, and develop specific plans, and will be able to handle distractions better through efficient re-focus and routines development.

The DSMQ focuses on a wide range of traits associated with numerous measures of composure, focus, management, organization, and adaptive behaviors.

Traits assessed by the DSMQ



Completing the Questionnaire

While you are completing the DSMQ, keep in mind that there are no correct or incorrect answers. Similarly, there are no "good" or "bad" traits; some traits are simply more associated with success for specific roles. Here are some tips to help you complete the DSMQ more efficiently:

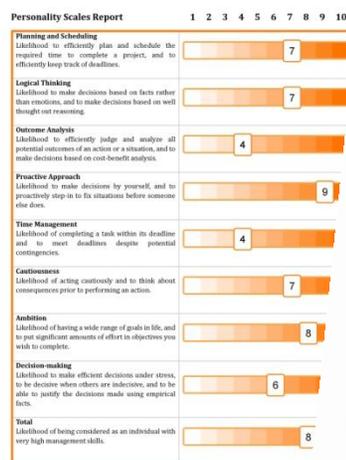
- 1) You will be asked to rate your answer on a 6-point scale ranging from "Strongly Disagree" to "Strongly Agree".
- 2) Complete the questionnaire when you feel alert, rested, and are free from potential interruptions.
- 3) Click on the appropriate case to select a response. You must respond to all statements to submit your questionnaire.
- 4) Carefully follow the instructions at the beginning of the questionnaire. Sometimes, you will be asked to think whether a particular statement applies to you in general. Other times, you will be asked to answer a statement from a school/work perspective.
- 5) Be careful with negatively worded statements. You will sometimes read very similar statements, but worded differently (e.g. "I am very fast" and "I am *not* very fast").
- 6) Try to discriminate as much as possible by using the full range of options on the 6-point scale to reflect, as closely as possible, your thoughts toward each statement.
- 7) Avoid trying to select responses that you think are the most desirable, or responses of how you would like to be in the future.

Consulting your Report

Each report provides powerful and detailed information in an easy-to-read format. You will find:

- General information about the test
- An overview of each personality trait
- A complete explanation of each trait score

Our results are instant, allowing you to review a candidate's score as soon as they have completed the assessment.



Candidate Name: John Sample
Report Generated: April 19, 2018
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