

PSYCHOLOGICAL EVALUATION REPORT

Personal Data

Name: Daryl Urbanski
Nickname: Daryl
Gender: Male
Date of Testing: May 2, 2017 and May 3, 2017
Chronological Age: 34 years and 1 month
Educational Status: Queen's University Graduate - Bachelor of Commerce
Civil Status: Single
Occupation: CEO, Business Coach, Marketing Consultant

Tests Administered

Purdue Non-Language Test
IPAT Culture Fair Intelligence Test
Edwards Personal Preference Schedule
Sixteen Personality Factor Questionnaire
NEO Personality Inventory

See results on page 3.

Reason for Referral

_____ After having a stable career for several years, Daryl feels that he is ready to enter a new chapter of his life--to have his own family. He wants to know how competent he is as a future father and a partner. Daryl is also concerned about his intellectual capacities compared to the other individuals amongst his group as well as determining if he has the necessary capabilities to manage his emotions in dealing with the stresses inflicted by himself and by the other people.

This assessment will evaluate Daryl's cognitive abilities and personality. This will help him understand his self-image, socioemotional tendencies and strategies dealing with interpersonal relationships and daily life experiences. Recommendation and interventions will be advised if needed.

Background Information

Family

Daryl was born in Alberta, Canada. He is the third among the four children. His mom struggled with addiction issues so he was given up for adoption after he was born. His adopted family currently lives in Kingston, Ontario, Canada. Daryl lost his adopted father a couple weeks before his 2nd birthday and his adopted mother remarried after quite some time. He became an older brother right after his adopted mother remarried. He explained that he is not really close

with his stepbrother. The two of them are very different in several aspects.

Knowing he is adopted, Daryl spent years searching for his biological mother. Only just last year, he met his biological mother in Alberta, Canada. He also met his blood relatives such as his younger brother and older sister. Daryl was able to catch up with his mother who is sober now.

Daryl said he was a normal kid even though he knew he was adopted child. He had friends. He went to school. He had shelter and food. Although he mentioned he didn't really feel he was treated as their own son. He would spend his Saturdays alone in their house because his mom, dad and brother would go to the bowling alley to play. He would walk to school as he enjoyed going through the forest and being left in his thoughts. His group of friends were not really the good influencers but he managed to stay out of trouble during his teens. Daryl narrated an instance when they robbed a gasoline station before to steal some cigarettes. He was the one who broke the glass door of the store.

Daryl is currently back in Toronto, Canada after visiting the Philippines last April. He is renting a four-bedroom, four-bath house to live with his cousins for a year. Daryl took his cousins under his care because his uncle was an alcoholic. The alcoholism of his uncle put a toll in their family. Since the start of February 2017 until February 2018, Daryl will be the provider of his two nieces and nephew. 3 teenagers, while he works to get his uncle sober and into a healthier lifestyle.

Personal

Before meeting his biological family, Daryl felt the need to travel in order to find his roots. He hitchhiked across Canada, lived three years in Japan, lived in America, Australia, Kenya, Uganda, Thailand, travelled all over the world. He went to the Philippines last year as well to visit his team members who are Filipinos. He also experienced living in the slums in Africa. In his own words, he described being able to sleep on the same floor of the poorest of the poor and rubbed elbows with the richest of the rich. Daryl is quite a well-experienced and well-traveled man. As an accomplished adult, Daryl struggled to reach the position where he is now. He tried all sorts of job before he finally determined his career as a business entrepreneur. Before building his online business, he owned a martial arts school.

Despite having tons of accomplishments, Daryl still feels a need of belongingness. Hence, he wants to have a big family whom he will call his own. However, Daryl had very traumatizing relationships before. He mentioned of having a six-year relationship in which he lost his self-confidence because of some physical conflicts as well as differences in principles. He has been cheated on and lied to before that he really wasn't expecting to have a family of his own until last year.

Daryl is a businessman. He is the host of his own podcast, Best Business Podcast wherein he interviews self-made millionaires. He is also a marketing consultant and was able to work with very distinguished business owners in the market. Aside from being a businessman, Daryl is also a CrossFit athlete. He trains almost three to five times a week. His routine would wake up early in the morning and walk his dog, Holly, to the gym and attend the six a.m. class. Daryl is very conscious about his health as well. He loves to drink veggie juice every day. Despite being

that health conscious, Daryl still has trouble in having enough sleep daily. He needs to sleep for six and a half hours but often times he only sleeps less than that.

Behavioral Observations

_____ Daryl was able to come in time on both of the testing days despite not having enough sleep. He works Canadian time so even though he was here in Manila, he worked from nine p.m. until five a.m on the weekdays. Daryl arrived sweating all over in the assessment room because his body was not used to the warm climate here in the country. He waited patiently for the assessee to prepare the test materials for him. There were several clients testing in the same room as Daryl so background noises are evident.

While answering the personality tests, Daryl was sneezing frequently. He had cold during that week due to allergy from dust or fumes. It was also raining during the first day of testing so it was very humid even inside the assessment room. Daryl continued to profusely sweat leaving wet marks on his shirt. He was also constantly chewing on his tea tree oil toothpick all throughout the test taking. It was also observed that Daryl was very focused on marking the whole circle of the answer sheets. It was obvious that he was taking his time in answering the tests.

During the second day of testing, Daryl was dressed up in his sports attire. The assessment room was warm when Daryl took the intelligence tests. The air condition in the room was turned off so he was still sweating all throughout the test taking. Daryl was relaxed during the first set of intelligence test. Although in the second test, Daryl became restless. Right after he figured out that there was only a short time limit for every test, he was scrambling to be able to answer all the questions in the tests. He also stubbornly refused to wait for the “go” signal to start answering the tests. Often times due to frustration from the time limit, he drew faces and other shapes on the hands and arms of the assessee. Daryl tends to do things on his own will for the purpose of performing well. Just like what he said, “I really like winning.”

Tests Administered

Purdue Non-Language Test
IPAT Culture Fair Intelligence Test
Edwards Personal Preference Schedule
Sixteen Personality Factor Questionnaire
NEO Personality Inventory

Test Results and Interpretation

Test (Indices)	Percentile Rank	Classification
Purdue Test (Nonverbal)	99	Superior
IPAT Culture Fair	79	Superior

Cognitive Functioning

Daryl performed two intelligence test which are both mainly measuring his nonverbal abilities through abstract reasoning. He is in the superior level in both of the cognitive tests. This level of cognitive ability can be interpreted as having the capability to come up with solutions in novel and logical problems. Daryl performed well in the two tests because he may have a strong understanding of breaking down the big picture into smaller chunks and analysing them to come up with the right solutions.

The norm used to compare his scores in the IPAT Culture Fair was the norm for candidates of managerial positions. Obtaining a superior level of performance illustrated Daryl's capabilities of leading people and coming up with results in any given situation.

Although the two cognitive tests reported Daryl's superior performance, this result is still not enough to come up with a conclusion on his cognitive abilities. The said tests didn't measure Daryl's verbal capabilities. These tests only focused on the nonverbal aspect of the client.

Socio-emotional Functioning

_____Daryl is a very extraverted type of person. He loves being around people. He is very cheerful and energetic. He has genuine interest in helping other people to reach their maximum potentials in terms of business or self-development. Being that outgoing person, Daryl is also very high in achievement-seeking. He is very goal-oriented. He tries really hard to keep everything that he is doing to be aligned with his "Game of Life." He wants to live a long, happy, healthy, joyful, and wealthy life surrounded by loving people of phenomenal character. Hence, Daryl maintains to keep his engaging and interactive personality around the people that he cherish and look up to.

Moreover, Daryl is very dominant in nature. He is very competitive in terms of achieving his goals--fitness, business or simply as a friend. He is very focused, determined and organized in planning and organizing steps that will help him to be "1% percent better each day." Although he is very organized in terms of planning for his future projects and goals, Daryl is quite very disorganized in keeping his things in order. He tends to leave his stuff wherever he feels like leaving them. In his own words, "I like to keep my things organized in piles." This simply means that he would stack up all of the things--dirty clothes and clean clothes- altogether in one pile. Aside from that, he cannot sustain his attention in one topic for an extended period of time. Daryl appears to be very energetic most of the time that he always has this need to constantly move and to shift from one topic to another. Sometimes, he tends to be so all over himself that he unintentionally disregard his company's chance to engage in the conversation. He is very dominant in the sense that he gives more importance to his own needs and urges before taking care of others' businesses. In a way, he displays a sloppy and careless attitude in valuing the presence of other people. Nevertheless, Daryl showcases very good leadership skills and work ethics. He is very reliable, hard-working and has a good sense of reading other's emotions.

Being an adopted child also made Daryl to be very altruistic and compassionate about other people. He loves to interact with other people, help them, inspire them, influence them to be the better versions of themselves. He greatly values deep and quality relationships. Daryl is very open about his feelings and emotions. He allows himself to be vulnerable at times. He also receives great satisfaction being around people instead of spending time alone.

Lastly, Daryl displays an aura of a hardcore go-getter. He is very goal-oriented and really likes to win. He can be very competitive in a way that he will explicitly showcase his dominance over other people. Daryl is very outspoken and is not afraid to express his opinions. There were times that Daryl was highly influenced by his urges and not really cautious of what he is sharing to the public. Therefore, resulting to sharing too much information to the public. In relation to that, he can be easily frustrated and upset but manages to recover fast from negative emotions.

Conceptualization

Daryl is a very capable, well-travelled and accomplished man. He strives for achievement, focuses on his goals and performs to be better in his business, health, fitness, and relationships. Daryl is a very responsible, hard-working and reliable person. Even though he was partly neglected as a kid, he managed to make something out of himself. He found his passion in helping business owners with their businesses so they can help thousands and millions of people. In that aspect, Daryl feels a sense of accomplishment in doing that.

Having that outspoken attitude, Daryl is very open about his upbringing as an adopted child. He didn't feel that strong belongingness or connection with his adopted family that he started to travel to help him discover himself. In every place that he visits, he always makes sure that he would form a good relationship and maintain that relationship through his lifetime. That being said, he really values his relationship with other people. In fact, he has this monthly ritual of reaching out to all his close friends. He has a list of his family, relatives, friends and business partners whom he contacts every month to reconnect and to catch up with their present projects and engagements. He would also take time to try and spend as much time as he can with the people that he values and appreciates.

In a sense, Daryl is very open about his feelings and emotions. He is also mindful in regulating his emotions. He loves forming new and quality friendships but he is really cautious in having serious intimate relationships. Always relating to his abandonment issues, Daryl tends to have a hard time committing in a relationship. He explicitly shared that he does not want to be lied upon and cheated on by his partners. Aside from that, he also stated that he struggled in his past long-term relationships since his sexual needs were unmet. He expressed his worry of not being able to be satisfied with only having one woman in his life. After his 6-year commitment with his ex-girlfriend, he depicts to be always anxious and guarded in his future relationships, worried that they would end up like his previous relationships. He does not want to be left alone just like what his mother did. Despite of his worries, he still maintains to have a positive outlook in life.

Aside from having that warm and friendly personality, Daryl is also very competitive. He usually describes himself as an alpha male. He likes dominating in his craft. If there are situations in which he feels like he is not in control, he would do all his best to be in control. He has a tendency to satisfy his own needs and urges before shifting his focus on other people. There were times when having a conversation with him can be centered about Daryl instead of having a well-balanced conversation to meet the purpose of getting to know more about each other. Daryl also tends to shift his attention from one topic to another. This is observed when having conversations with him about a certain topic and when he remembers a topic related to the topic of discussion, he would completely shift his attention to discuss that new topic. Another

related observation is that when Daryl was on his phone, his full attention will be on his phone regardless if he is having a face-to-face conversation with another person.

Furthermore, Daryl is observed to be less cautious on overly dominating other people. He is usually intense at times that he is careless and unaware in trying to maintain the power balance between him and other people. He tends to over-impose himself on others which may give rise to negative notions and emotions in the process. Daryl is also less cautious in making decisions. He tends to be very primal, responds to urges impulsively instead of taking his time in considering the consequences of his own actions first before coming up with a conclusion. This observation may also be attributed to his public persona in which it is tough for Daryl to draw a line on which aspects of his life should be kept private and which aspects can be shared to the public. This can possibly be a problematic behavior in the future because being very open to the public can violate his private close relationships.

To put everything discussed in a nutshell, Daryl regulates himself well. He is very goal-oriented, hard-working and autonomous. He strives really hard to reach the goals he set for himself. Daryl loves to be around people and build deep and quality relationships with them. He is also very passionate in helping the people around him in any way he can. Although, Daryl is still hesitant of committing in a serious intimate relationship because of his trust issues and fear of abandonment. Because of this, Daryl has a very strong dominating nature that he prefers to be in control of everything he is involved in.

Summary

_____ Daryl's nonverbal cognitive abilities are in the superior level. He performs better compared to a large percentage in his age group. Nevertheless, this observation is not enough to come up with a conclusion about his full cognitive abilities. The tests administered to him didn't have verbal aspects to measure Daryl's verbal capabilities. It is advised for Daryl to take additional cognitive ability tests which have verbal aspects as one of the factors to measure.

In terms of the socio-emotional capacity of Daryl, he is very aware of his own emotions. He loves to spend time with the people that he loves. Although, Daryl admittedly has a hard time committing in a serious intimate relationship because of his fear of abandonment and trust issues.

Recommendations

1. Join a team-oriented sports. This will be really helpful for Daryl to develop his sense of belongingness and perform as a team-player. He may also be able to increase his self-awareness in terms of his dominance tendencies.
2. Individual cognitive behavioral therapy. This can be important for Daryl to help him train and focus his attention on the important things instead of scattering his attention to all the available distractions around him. Develop mindfulness on how to spend more time in dealing with people and things that are more important than procrastinating.
3. Engage in meeting couples who can influence and inspire him that commitment is possible.

4. Spend less time in social media. Develop a “think before you click” mindset.

Prepared by:

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