

How to know more about **yourself?**

 **Psychometer**
Know Yourself



Try



Psychometer

<http://psyax.cedars.hku.hk/>

Comprehensive. Professional. Private.

Psychometer – Online Psychological Assessment and Instant Feedback

Take the psychological test on university adjustment, learning style, social life, personality strengths, mental health etc. to gain a better self-understanding and identify ways to achieve a fruitful university life. You can use this for setting realistic goals for your university years and make practical plans for self-improvement.

“Psychometer”, developed and managed by the Counselling and Person Enrichment Section of CEDARS, is of great help in this respect. Most tests on “Psychometer” are well supported by research. Instant electronic feedback and tips are prepared by experts and professionals in the field of psychology or counselling.

- You may take a **variety of tests** to learn more about yourself and how well you adjust to life at the university.
- You can **develop a personal profile** which records your starting point and tracks your progress in this self-exploring and self-enriching journey.
- You can **meet with our professionally qualified psychologists or counsellors** to further discuss your assessment results.

Tests Recommended for all first-year students (free of charge):

- My Goals in University (link: <http://psyax.cedars.hku.hk/?ref=85>)
- Time Management (link: <http://psyax.cedars.hku.hk/?ref=74>)
- Academic Life (link: <http://psyax.cedars.hku.hk/?ref=59>)
- Lonely Heart (link: <http://psyax.cedars.hku.hk/?ref=70>)

Visit <http://psyax.cedars.hku.hk/> to start your journey of self-understanding.

Enquiries

2857 8388

cedars-cope@hku.hk