

## Cambridge Personal Styles Questionnaire®

*Supporting student development*

### The Cambridge Personal Styles Questionnaire (CPSQ)

CPSQ is an online behavioural styles assessment. It offers an insight into individual styles of working and relating to others. For higher education, it captures essential information on personal styles, which lie at the heart of successful university study.

### How CPSQ helps you

The results of CPSQ alert you to students' ways of working and behaving, which allow you to better guide their development. By identifying development needs at an early stage, you can support students to achieve their full potential and improve on-course retention rates.



CPSQ explores the following personal styles:

- **Study style** – independence and self-management, in terms of motivation, conscientiousness and organisation.
- **Coping style** – resilience and adaptability, such as the ability to deal with new and demanding learning environments.
- **Thinking style** – the ability to investigate and explore ideas.

CPSQ can be used prior to or on the course:

- to develop your students' study skills
- for careers guidance.

### Test development backed by research

CPSQ was developed through an extensive four-year trial programme with a number of organisations, including higher education institutions.

CPSQ is managed by the Admissions Testing Service, a not-for-profit department of the University of Cambridge. We have more than 10 years' experience in developing assessments for use in higher education. Our work is underpinned by robust and rigorous research, development and operational systems.

#### Find out more

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[www.cpsq.org](http://www.cpsq.org)

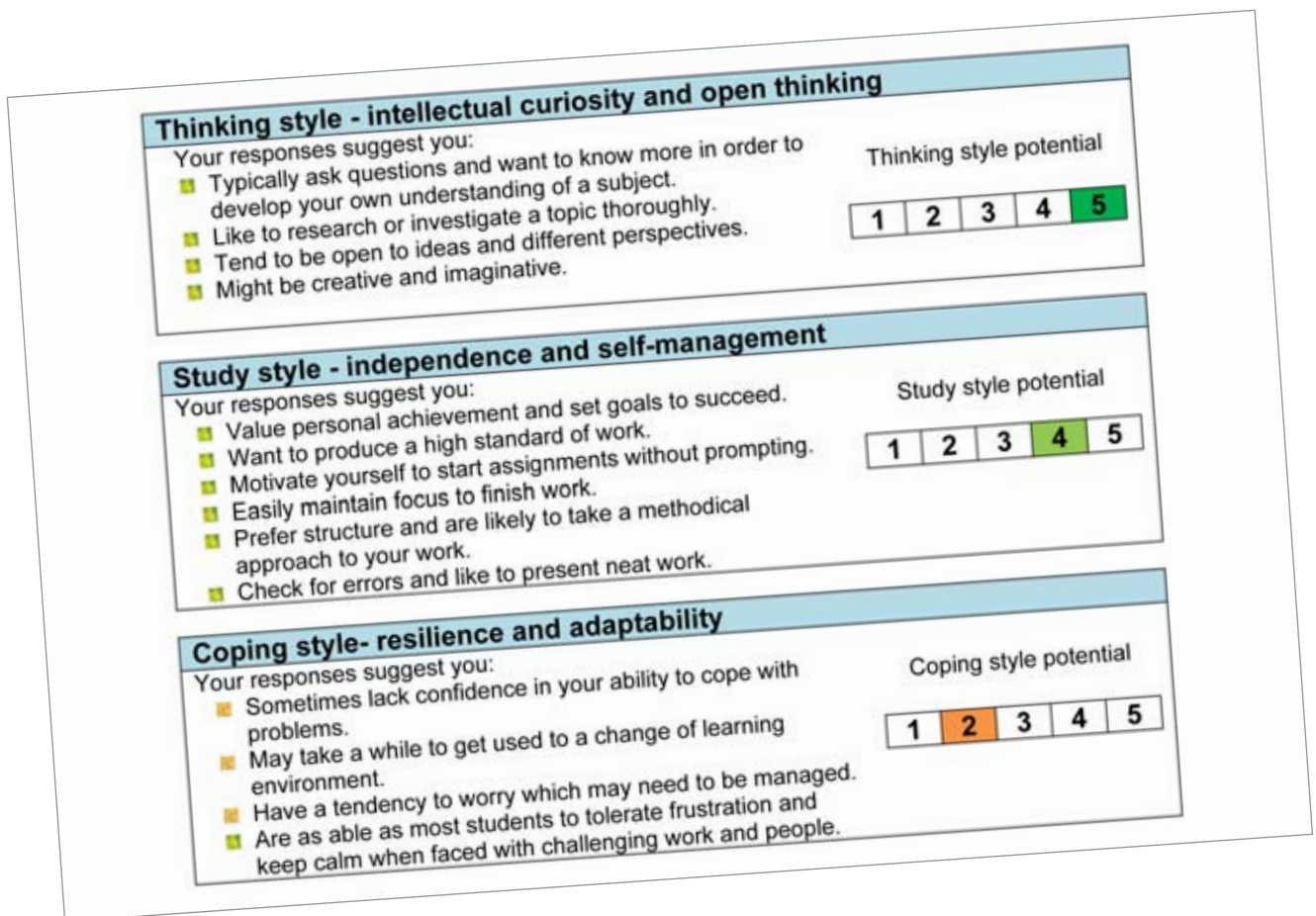


## Convenient online delivery

CPSQ is an online assessment, which takes approximately 20 to 40 minutes to complete. It comprises short questions with rating options.

## Reporting tailored to your needs

The outcome of CPSQ is a Profile Report for each respondent, with a colour-coded 1-page summary. The competencies outlined in the report are relevant to the qualities needed for success in higher education. Below is an extract from a Profile Report, appropriate for guidance and careers counselling on higher education courses:



**Thinking style - intellectual curiosity and open thinking**

Your responses suggest you:

- Typically ask questions and want to know more in order to develop your own understanding of a subject.
- Like to research or investigate a topic thoroughly.
- Tend to be open to ideas and different perspectives.
- Might be creative and imaginative.

Thinking style potential: 1 2 3 4 5

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**Study style - independence and self-management**

Your responses suggest you:

- Value personal achievement and set goals to succeed.
- Want to produce a high standard of work.
- Motivate yourself to start assignments without prompting.
- Easily maintain focus to finish work.
- Prefer structure and are likely to take a methodical approach to your work.
- Check for errors and like to present neat work.

Study style potential: 1 2 3 4 5

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**Coping style- resilience and adaptability**

Your responses suggest you:

- Sometimes lack confidence in your ability to cope with problems.
- May take a while to get used to a change of learning environment.
- Have a tendency to worry which may need to be managed.
- Are as able as most students to tolerate frustration and keep calm when faced with challenging work and people.

Coping style potential: 1 2 3 4 5

We can work with your institution to ensure the Profile Report reflects your interests and concerns.

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