



CSA-N

Nonprofit Brief Report

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Prepared for

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Introduction

The CSA has been used in over 147 countries around the world helping people to understand and manage the impact of change and stress on productivity and resilience. We do this by asking three simple questions: How are you doing? What can you learn? and What can you do? Answering these questions will help you better understand yourself and achieve your personal goals. As you read through this report, keep in mind that all assessments have limitations. The CSA is not a comprehensive personality assessment, nor is it a test of abilities or success.

Your Report

Your CSA report begins by measuring current overall stress. This measure is called the CSA Total Score and is derived by measuring 3 major areas of living: Work Management, Relationship Management, and Self-Management. Your CSA report now continues with learning and application by displaying specific Strength scales followed by recommendations that may help you address current Challenge scales. The report then proceeds with your unique Written Responses and concludes by listing your answers to all 68 CSA questions.

Descriptive Information

You describe yourself as a married, 31-year-old male from Canada with 2 children. You have been living in Turkey for 2 years and have a total of 2 years intercultural experience.

CSA Total Score

Your CSA Total Score is the average of all your scores and provides a measure of how you are doing.

CHALLENGES

STRENGTHS

Overall challenges outweigh current coping skills, feeling stressed possibly discouraged

Positive overall adjustment and coping skills, adequate resources, positive adaptation



Strengths

Coaching suggestions for enhancing your strengths.

Past Stresses Historical Stressors	Health Health & Medical Resources	Extended Family/Friends Well-being of Distant Relationships
Endures pain	Grateful for health	Things are going well with your extended family and friends
Able to put troubles behind and move forward	You understand the importance of self care	You are relatively stress free when it comes to your parents
Focuses on present and future rather than past	Appreciates adequate medical resources	Confident in your friends and family wellbeing
Tends to be positive	Physically fit	Secure in your relationships with friends and family

Enhancing your Strengths

As you consider your strengths, list specific actions that can help you enhance them.

Past Stresses

Health

Extended Family/Friends

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Challenges

Coaching suggestions for addressing your challenges.

Organizational Relationship Aligning with Leadership and Goals	Focus Organizing and Thinking Skills	Habits Positive Behavior Patterns
Cultivate and maintain extensive informal networks	Keep notes to help you remember	Engage in wholesome habits that don't require secrets
Facilitate understanding with active listening	Use an organizer for appointments and reminders	Confront unrealistic expectations that produce false guilt
Be receptive to bad news as well as good	Be calm and patient to do your best thinking	Be wise and knowledgeable regarding addictive patterns
Develop creativity in supporting organizational goals	Evaluate options and be open to input in decision making	Honesty and accountability help overcome bad habits

Confronting your Challenges

Prioritize your challenges and list specific actions that can help you address them.

Organizational Relationship	Focus	Habits
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Written Responses

POSSIBLE STRESSORS	TYPED IN RESPONSES	STRESS RATINGS
Spiritual stress can be defined as "spiritual belief and practice issues". Type in a concern you have had in this area.	purity of life	Quite a bit
Relational stress can be defined as "problems in current relationships". Type in a concern you have had in this area.	team leader	Quite a bit
A crisis can be defined as "a short term, serious situation". Type in a concern you have had in this area.	language learning	Quite a bit
Organizational stress can be defined as "agency/team issues". Type in a concern you have had in this area.	team leader	Quite a bit
Cultural stress can be defined as "getting needs met in new ways". Type in a concern you have had in this area.	not understanding what we are supposed to do	Moderately
Support stress can be defined as "lacking needed relationships and resources". Type in a concern you have had in this area.	lack of language coach	Moderately
Occupational stress can be defined as "work pressures". Type in a concern you have had in this area.	no supervisor	Moderately
Psychological stress can be defined as "negative thoughts and feelings". Type in a concern you have had in this area.		Not at all
Physical stress can be defined as "health issues". Type in a concern you have had in this area.		Not at all
Historical stress can be defined as "troubling issues from the past". Type in a concern you have had in this area.		Not at all

CSA Questions/Ratings

Every CSA question and your response is listed below. Each question started out with the phrase, "How much have you been stressed by.....?"

Question	Rating	Question	Rating
the inability to fulfill your needs in familiar ways?	<i>Stress Free</i>	a violent experience?	<i>A little bit</i>
painful memories?	<i>Stress Free</i>	lack of familiar foods?	<i>A little bit</i>
getting too emotional?	<i>Stress Free</i>	concerns about parents?	<i>A little bit</i>
difficulty remembering things?	<i>Stress Free</i>	missing friends and family?	<i>A little bit</i>
working too many hours?	<i>Stress Free</i>	not enough privacy?	<i>A little bit</i>
a potentially traumatic event?	<i>Stress Free</i>	loneliness?	<i>A little bit</i>
agency expectations?	<i>Stress Free</i>	feeling guilty?	<i>A little bit</i>
troubling dreams?	<i>Stress Free</i>	conflicts on work team?	<i>A little bit</i>
trouble concentrating?	<i>Stress Free</i>	concerns for children?	<i>A little bit</i>
danger to yourself or family?	<i>Stress Free</i>	being suspicious of others?	<i>A little bit</i>
a friend or family member dying?	<i>Stress Free</i>	hospitality expectations?	<i>A little bit</i>
difficulty fitting the organizational style?	<i>Stress Free</i>	feeling sad?	<i>A little bit</i>
the need for a vacation?	<i>Stress Free</i>	pressure to keep in touch with others?	<i>A little bit</i>
severe disruption of living conditions?	<i>Stress Free</i>	feeling spiritually empty?	<i>A little bit</i>
work interfering with your spiritual life?	<i>Stress Free</i>	discouragement about your spiritual life?	<i>A little bit</i>
disagreements about child rearing?	<i>Stress Free</i>	unfamiliar surroundings and customs?	<i>Moderately</i>
lack of needed medical resources?	<i>Stress Free</i>	unwanted desires or personal habits?	<i>Moderately</i>
weight loss or gain?	<i>Stress Free</i>	making decisions?	<i>Moderately</i>
unhelpful agency policies?	<i>Stress Free</i>	a lack of vital spiritual relationships?	<i>Moderately</i>
a friend or family member being ill?	<i>Stress Free</i>	e-correspondence demands?	<i>Moderately</i>
being ineffective spiritually?	<i>Stress Free</i>	stressful transitions?	<i>Moderately</i>
not feeling understood?	<i>Stress Free</i>	not enough emotional support?	<i>Moderately</i>
sleep problems?	<i>Stress Free</i>	lack of agency support?	<i>Moderately</i>
lacking spiritual help and direction?	<i>Stress Free</i>	fear of failure?	<i>Quite a bit</i>
early childhood stressors?	<i>Stress Free</i>	difficulty focusing on tasks?	<i>Quite a bit</i>
supervisor micromanagement?	<i>Stress Free</i>	language learning struggles?	<i>Quite a bit</i>
finding it hard to relax?	<i>Stress Free</i>	too little agency direction?	<i>Quite a bit</i>
inadequate housing?	<i>Stress Free</i>	poor adjustment by a family member?	<i>Quite a bit</i>
health concerns about self or family?	<i>Stress Free</i>	not fitting in or feeling uncomfortable?	<i>Quite a bit</i>
friends not honoring commitments?	<i>Stress Free</i>	feeling guilty about unwanted habits?	<i>Quite a bit</i>
being disappointed by friends or family?	<i>A little bit</i>	disagreeing with your leader's decision?	<i>Quite a bit</i>
low energy?	<i>A little bit</i>	relationship problems?	<i>Quite a bit</i>
difficulty controlling anger?	<i>A little bit</i>	insensitivity of leaders?	<i>Extremely</i>
arguments with a significant other?	<i>A little bit</i>	leadership concerns?	<i>Extremely</i>

The choices for answering each question were:

Not at all (Stress Free) A little bit Moderately Quite a bit Extremely Does not apply