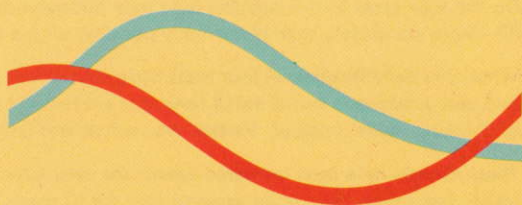


PEP

PERSONAL EXCELLENCE PACKAGE

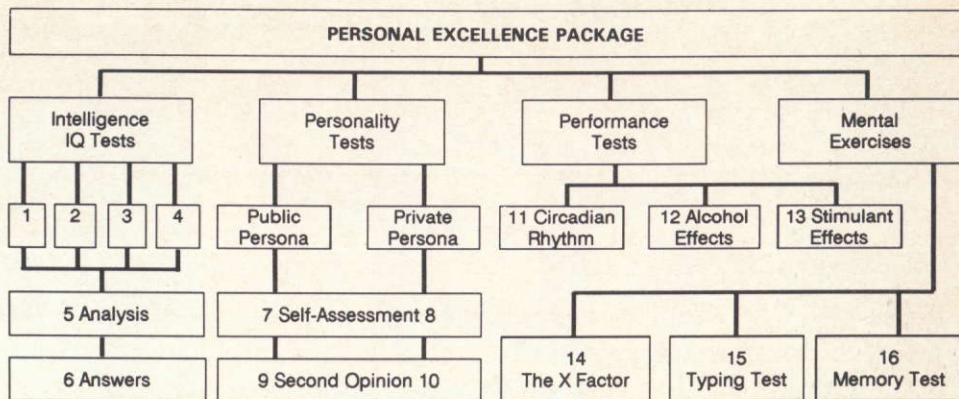
for Peak Mental Performance



by Colin Jack

PEP runs on:
IBM PC/AT/XT/PS/2
all true compatibles
including Amstrad PC range
Amstrad PCW range
Amstrad CPC 6128

IANSYST



16 mind enlarging activities

The **Personal Excellence Package** gives 16 different activities to test the workings of your brain and to enhance your mental performance. It provides both fun and serious food for thought, at home and at work.

Assess Your Intelligence

1-4. IQ Tests

Do the four tests in this section over four different days and measure your IQ - more accurately than is normally possible with a self-administered test.

5. Analyse your thinking skills

When you have finished all four tests the program will average your IQ score, and also analyse in more detail how you performed on the different types of thinking skills: *Logical, Verbal, Numerical and Visuo-spatial*.

These IQ tests have been calibrated against the established Wechsler standard. Our testing has shown them to be accurate over the IQ range 90-140, with a standard deviation of less than 5 points.

6. Improve your performance

Once you have done all the tests you can go back and have a look at the **answers**: this "coaching" can help you improve your performance by a few points on future tests!

Personality Tests

Analyse your own personality: the two personality tests ask you 100 questions and then report back with a graph on 13 different aspects of your personality. They also provide an English language summary description of your strengths and weaknesses.

7. Public Persona

The **Public Persona** test assesses your interactions with those you work with: your leadership potential, your drive and your ability to manage and organize.

8. Private Persona

The **Private Persona** test assesses your social skills and interactions: the quality of your personal life and relationships.

9 & 10. A second opinion

Once you have done the personality tests for yourself, you can then get somebody who knows you well to answer the same questions about you — if you dare! See how other people see you, compared with how you see yourself. And, of course, they can do the tests too...

Performance Tests

The three tests in this section measure how your mental performance varies depending on various external factors. You can repeat each test as often as you want, to see how your performance changes under different circumstances.

As you gather data from these tests, you will be able to identify when you are mentally at your most and least effective, and plan your time and life-style accordingly. The computer permanently records your results and you can display them in a graph, or print them out at any time.

- 11. Circadian Rhythm** The **Circadian Rhythm** test measures your speed of thinking and error rate at different times of the day. You can see which times of day you perform best and which worst, so that you can plan your time for the best results.
- 12. Alcohol Effects** The **Alcohol Effects** test measures how your performance varies according to the amount of alcohol that you have drunk. This tracking test reflects on the co-ordination skills needed for tasks like driving.
- 13. Stimulant Effects** The **Stimulants Effects** test of reaction times measures how drugs such as caffeine (coffee or tea), travel sickness pills and prescription medicines affect your nervous system.

Mental Exercises

This section tests your skills and improves your rapid thinking.

- 14. "X" Factor** The **"X" Factor** is a fun test which randomly generates a potentially infinite variety of logical and mathematical questions of different types. The questions become more difficult as the game progresses. As you get better and sharper at the mental exercises, you will get higher scores and stay in the game longer.
- 15. Typing Test** The **Typing Test** measures your current typing speed and error rate. For many of us it is our typing rather than our thinking which slows down our computer use. The program suggests appropriate tuition if necessary.
- 16. Memory Test** The **Memory Test** measures how much information you can hold in your immediate or short-term memory. Like almost all mental skills, this ability can be improved with practice.

Personnel Evaluation

Although the package is designed mainly for self-assessment and recreational purposes, parts of it can also be used more seriously in business to help with staff assessment.

PEP works on: Any IBM PC/AT/XT/PS/2 compatible computer (including Amstrad 1512 and 1640) with 5¼" or 3½" disks
Amstrad PCW 8256/8512/9512 range
Amstrad CPC 6128
Uses colour where available on IBM compatibles.

Other Iansyst Products

IANKEY Typing Crash Course gives a quick grounding in the basics of touch typing, and contains plenty of practice material. The unique **"Two Fingers" to Touch Typing Conversion Course** quickly converts experienced two finger typists to fluent touch typing.

The **VICAR** (Variables In Context Analyst and Reporter) range saves hours tracking identifiers when working on programs in BASIC, dBase, C, Pascal, Fortran and many other languages.

Improve on the World's Most Powerful Computer with This Disk!

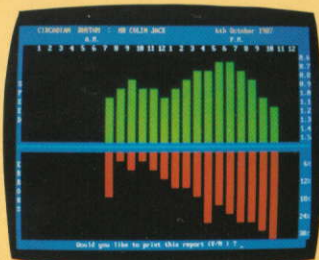
There is a computer far more powerful than any made by IBM, or Honeywell, or Cray. It takes thirty-nine weeks to make and packs into a water-cooled box less than twelve inches across. You already own one.

You've guessed it — it's your brain. The most powerful thinking machine in the universe. Yet most of us go through life without making use of its full potential.

At what times of the day are you most alert and least error-prone? What effects do alcohol and stimulants have on you? What is your IQ? Do you think visually, verbally or numerically? Can you improve your mental sharpness and measured IQ score?

The answers to all these questions and more are found in this unique package. It can be used to measure yourself, friends, family, colleagues and prospective employees. But that is only the first step. Having measured, you can use the package to IMPROVE. And probably astonish yourself by just how much more effective you can become.

- Assess your IQ
- Identify your thinking skills
- Pinpoint the strengths and weaknesses of your personality
- Measure how stimulants and alcohol affect your nervous system
- Plot out your circadian rhythm
- Improve your mental performance
- Test the intelligence and computer aptitude of prospective employees



Your dealer:

**lansyst Ltd., Omnibus Building, 41 North Road, London N7 9DP.
Tel: (01) 607 5844**