Psychometric Testing Preparation

Psychometric tests provide an objective and reliable measure of likely job performance. A psychometric test is an assessment that is used to evaluate your capabilities', personality and assess your suitability to a particular role. The test is designed to measure personality characteristics and cognitive abilities.

Employers use the information gathered from the psychometric testing to identify aspects about a candidate that wasn't evident in their resume, cover letter or interview.

To enhance your psychometric test results it is essential that you prepare. We have listed some key tips below to help you prepare for your test!

Tips to prepare for a psychometric test are:

- Practise. This will allow you to get a feel for the test and what to expect on the day. You can google free practice psychometric tests and practice online.

- Treat your psychometric test like an interview or exam! Get plenty of rest the night before as being tired can impact your scores.

- If to undertake your test you are required to travel ensure you plan your travel route for the day. Take into consideration the possibility of traffic delays.

- Psychometric tests are timed. You should work quickly and accurately through the test and aim to answer all questions. However, don't stress if you are unable to complete them all. The test is designed that only 1-2% of people who take the test can finish it and answer all the questions correctly.

- Leave the questions you are struggling with and re-visit them at the end if you have time left.

- Use any tools that are allowed. Most numerical aptitude tests allow the use of a calculator. Make sure you know how to use the calculator you take. Leading up to the test date, familiarise yourself with the basic functions on the calculator.

- Ensure you read the question carefully.

- Answer honestly.