

REMOTE TESTING HINTS AND TIPS

🝌 A D A P T

We have put together the below list of hints and tips to give you the best opportunity to be successful in your assessment.



Ensure that you have a good strong internet connection.



Dont start a test unless you have the time to complete it in one sitting.



Check before starting a test that you have all the tools to complete it, e.g. a mouse and a keyboard if advised.

Choose a quiet place where you wont be interrupted.

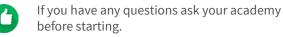


Ensure your computer meets the recommended system requirements.

Remember the system monitors and tracks your behaviour during the assessment and has tools to detect if you are not following the rules.



Avoid use of tablets and phones as resolution issues can occur.



Don't panic - the test is not designed to trick you. Answer all questions as openly and honestly as possible.

Further information on the ADAPT system and the cantidate user experience can be found on the Symbiotics Youtube channel.

RECOMMENDED SYSTEM REQUIREMENTS

Windows 7/8/8.1/10 operating system (Windows 10 64-bit recommended)



Google Chrome version 72 or later



Microsoft .NET framework version 4.7 or later

Continous stable internet connection with minimum 1 Mbs download and upload speed subject to no limiting proxy/filtering/trafficshaping restrictions

BE AS PREPARED AS POSSIBLE

CLICK HERE TO PURCHASE PRACTICE VERSIONS OF THE TESTS.

- Familiarise yourself with the process
- **Reduce Anxiety**
- Demontstrate your true capability



