



SYMBIOTICS

FAST

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About the FAST test:






FAST ADAPT Pre-Screen is an online assessment tool designed to evaluate performance potential in dynamic training environments. The tool is a reliable indicator of confidence and effective learning strategies during the early stages of training and the right cognitive, physical and multi-tasking skills required for the role.

Comparison group:

To gain a full understanding of your performance on the test, your test score has been compared to that of a large group of individuals who have taken these tests in the past. This is known as a comparison group.

Interpreting colour bands:

Your performance for the overall test and specific levels are categorised into 5 colour bands to indicate your level to the comparison group.

- | | |
|---|---|
|  High | Excellent skills and a strong performance in this area. |
|  Above Average | Good skills, but some areas that can be improved. |
|  Average | Reasonable skills and likely to improve with further development. |
|  Below Average | Need additional support and training in this area. |
|  Low | Need to learn and develop skills in this area. |
-

Interpreting your results:

Your results compare your performance, approach and strategy in both Attempt 1 and Attempt 2 of the FAST test and indicates whether learning was demonstrated. For this test your performance and learning will be demonstrated through 3 areas: Physical Skill, Cognitive Skill and Situational Awareness.

Physical Skill: Looks at your ability to balance a coordination task and maintain physical dexterity in conjunction with a range of demands. Colour bands will represent your physical skill through attempt 1, attempt 2 and overall, and two graphs will also compare the number of crashes that occurred over the three legs in both attempt 1 and attempt 2. A sten value displayed on a 1-10 scale, represents your ability to learn physical skill between the two attempts.

Cognitive Skill: Looks at your ability to answer a spread of psychometric assessments that measure cognitive capacity, reasoning, and processing speed. For each question the number of responses, accuracy and response time are recorded and compared between Attempt 1 and Attempt 2. Colour bands will represent your cognitive skill and a graph will compare your score percentages through attempt 1, attempt 2 and overall. A sten value displayed on a 1-10 scale, represents your ability to learn cognitive skill between the two attempts.

Situational Awareness: Looks at your capacity to incorporate effective scans and effectively detect, interpret and project auditory and visual information. Colour bands will represent your situational awareness through attempt 1, attempt 2 and overall. A sten value displayed on a 1-10 scale, represents your situational awareness learning between the two attempts.

Learning: Looks at your ability to adapt and improve your skills. Learning is displayed in three scales (scored 1 to 10): Physical Learning, Cognitive Learning and Situational Awareness Learning throughout the assessment. These scales are based on your performance during their 1st attempt of FAST and the degree of learning reflects the difference between the 1st and 2nd attempts at FAST.

- A score of 5 indicates no learning, however, you would have shown a consistent performance throughout the assessment.
- A score below 5 shows a degradation in your learning, whereas a score above 5 highlights an improvement in your learning.
- A score of 10 reflects an optimal performance in both stages of the assessment, with no capacity for learning measurement within the system.

Your Results:



Overall Level (combination of performance and learning)

The candidate currently displays an above average level of Knowledge Skill and Attitude. This current level indicates that they should be equipped to attempt the entry selection test OR attend pre-selection training. They were able to demonstrate a good level of attention and learning, generally maintaining these under workload, showing a level of resilience.

FAST Physical



Attempt 1



Attempt 2

FAST Cognitive



Attempt 1



Attempt 2

Situation Awareness



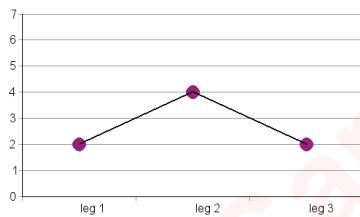
Attempt 1



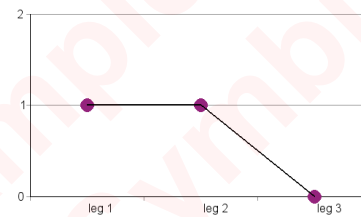
Attempt 2

Physical

Collisions Attempt 1

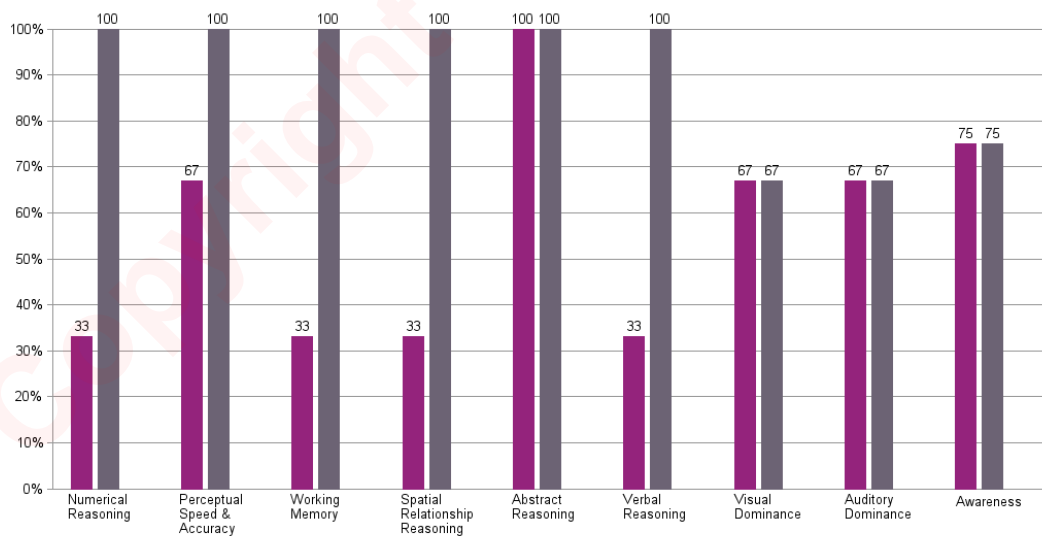


Collisions Attempt 2



Cognitive and Situational Analysis

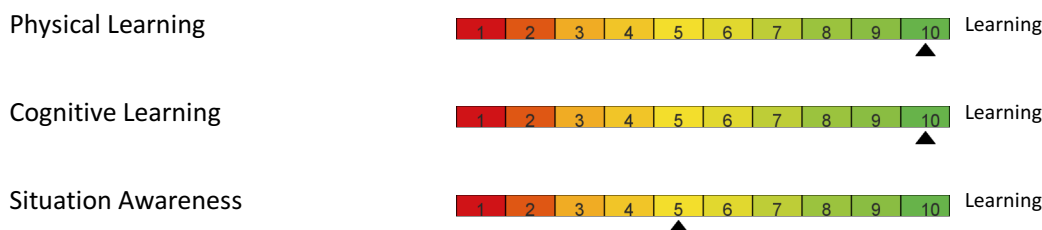
Key: ● Attempt 1 ● Attempt 2





Learning

The candidate showed a good ability to learn across the cognitive and physical demands of the task. They demonstrated a clear ability to adapt their approach, using past experiences well. There was good evidence that a strategy had been formulated and applied.



Resources to help you develop your skills:

One way to improve your FAST performance in general is to practice multi-tasking through Flight Simulator games. Repeated practice is likely to help develop your physical and situational awareness skills and improve your overall performance and learning.

Cognition is also a component that makes up FAST. Practicing cognitive questions is likely to help improve your performance here. There are resources that cover 'cognitive reasoning' in general, so to gain more variety and find resources to suit your own study style try an Internet search 'improve cognitive reasoning skills' for up to date resources, books and example exam questions.

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