



Tips to Prepare for a Psychological Assessment

Regent University
Psychological Services Center



Plan Buffer Time Before and After the Appointment

Ensure sufficient travel time to avoid rushing to your appointment. Plan spare time after the test, in case additional time is needed for the tasks. Having buffer time will help you avoid feeling anxious if the test takes longer than expected.



Eat a Light and Balanced Meal

Avoid overeating, and do not skip meals before your test appointment. Being hungry can negatively impact your mood and thinking ability, so it is important to ensure you are properly nourished.



Reduce Distractions

Turn your phone to silent mode, or "do not disturb" mode. Some tests may be timed and reducing distractions helps to avoid disruptions. You can request breaks to check for messages and calls.



Read Instructions and Questions Carefully

Reading each question fully before you answer. Avoid making a response before you finish reading the question as there may be additional information relevant to your answer. This will save time and avoid careless mistakes.



Ask Questions

If you are unsure about any question, ask for clarification. The examiner may not always be able to reply immediately, but asking questions helps you engage with the test. You can also request for rest breaks.



Be Honest

The purpose of psychological tests is to provide an accurate representation of your abilities, so there is no need to try to study or research the tests. Do not try to portray yourself as someone different from who you are. It's okay to answer with the first thing that comes to your mind, you should not overthink or second-guess yourself.

For more information, contact the PSC at

757-352-4488

www.pscvb.com