

Psychometric Assessment Quick Preparation Checklist

Before the Day

- ☐ Understand the assessment is not pass/fail, but about understanding how you learn and think
- ☐ Review what to expect (e.g., "activities" rather than "tests")
- ☐ Plan to be as well-rested as possible
- ☐ Plan a nutritious breakfast for the morning
- ☐ Take your regular medication (e.g., ADHD medication) as usual, unless advised otherwise

What to Pack

- ☐ A comfort item (if helpful)
- ☐ Glasses, hearing aids, or other supports
- ☐ A snack and water bottle

On The Day

- ☐ Plan to arrive 5-10 minutes early to allow time to settle
- ☐ Plan a calm or enjoyable activity after the assessment
- ☐ Take your regular medication (e.g., ADHD medication) as usual, unless advised otherwise



Psychometric assessments are conducted at our Avenue practice, located at 12 The Avenue, HURSTVILLE 2220

Tel: 9579 2480 | Fax: 9579 2460

Web: www.southsidehealth.com.au

Email: enquiries@southsidehealth.com.au