Cognition-M™

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COGNITION-M™ GAME EXPERT REPORT

Thank you for completing the **Cognition-M™** game which measures your cognitive ability in **memory**.

Cognitive tests are the single biggest predictors of subsequent job success compared to all other types of assessments.

You scored at the 93rd percentile. This means you did better than 93% of the comparison group to which your score was compared.

Organisations typically look for individuals who score higher than the 30th percentile with cognitive tests, but with games such as these, they may increase the pass mark to around the 50th percentile mark.

Practicing the game assessment will help you improve your performance by increasing familiarity and reducing anxiety. Take the game again if you want to give your cognitive ability the best chance of doing its best on the real day of your assessment.

Score	Levels Completed	Percentile	Date Taken
33	7	93	02/10/2020 12:16:06

Percentile Score Chart
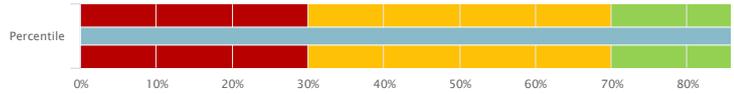
IMPROVING YOUR PERFORMANCE

Although we assume memory is rigid and resistant to improvement, research has shown that there are methods and practices you can employ to improve your short-term memory. Thus, in order to give your memory a boost and subsequently improve your performance in the **Cognition-M™** game, try to follow these tips:

- You should only take this game-based assessment when you have eaten a healthy meal and have had a good night's sleep. This may seem obvious, but eating allows our brain to function at its optimal performance whilst sleeping allows us to consolidate and refresh our memory resources. By not doing these simple things, it is harder to remember to the best of your capabilities and put forward your best score when taking the **Cognition-M™** game.
- Similarly, take steps to keep your stress at bay, as this can also harm your performance.
- Try **Chunking**. This is where you break information into smaller pieces to help you remember the entire sequence. In the **Cognition-M™** game, you could split longer sequences into two or three visual **"Chunks"** to help you recall the full sequence. For instance, you may decide to visually process the first and second halves of the sequence independently as **"Chunks"** and then combine these to recall the full sequence. It sounds unusual, but it really works – give it a go on your next attempt!
- In addition to practicing the **Cognition-M™** game further, you can start attempting crosswords and other word-recall games as forms of "brain training" to improve your short-term memory. You can even find dedicated mobile apps to improve your memory.

That final bit on "brain training" games requires a bit more thought. Although most brain training games are likely to be of some benefit, we recommend finding "brain training" activities that:

- Teach you something new
- Are challenging
- Allow you to monitor your performance to allow for improvement

We hope these tips help to improve your performance on the **Cognition-M™** game. Keep practicing and good luck!