



opc assessment

PRACTICE TESTS

Safe Concentration and Attention Test (SCAAT)

Free Sample

© Copyright 2025, OPC Assessment Ltd.

Any copying in whole or in part is not permitted.

These materials should only be printed for personal use
and should not be re-distributed otherwise it is an
infringement of copyright and a criminal offence.

About the Safe Concentration and Attention Test (SCAAT)

The Safe Concentration and Attention Test (SCAAT) is designed to assess your ability to maintain concentration on routine tasks.

Improve your performance with this practice test

Research has shown that your test score is likely to improve if you practice. So, if you spend some time practising with this practice test then you will help yourself to do your best.

How to complete this practice test

This practice test consists of 3 different tasks. Each task has its own special instructions which are explained on the next page. Read each set of instructions carefully before completing the task.

There are **3 tasks** in total. You will need:

- to print this document out and mark your answers with a pencil;
- a timer or a stopwatch; and,
- to work through the questions as quickly and accurately as you can.

Answers are given at the end of this document.

To start the practice test please go to the next page.



Task 1

Search for, and put a strike through the letter G whenever it appears in the block of letters below. Start your search at the top of the block, always working from left to right, row after row. You have 15 seconds to search for the letter G. Remember to time yourself using a stopwatch or ask someone if they can time you.

1. K L H E R D G B V C D G N U I L K J G D
2. F T Y H G D S C V B H J M K I O L P E A
3. D A Q S G U J U I K L O H T M N B G T E
4. V D W D T H Q S O P N E T F O N H G T E
5. B F S F Y S W D F G U M K G J U I K K O

Task 2

Search for, and put a strike through the letters G and S whenever they appear in the block of letters below. Start your search at the top of the block, always working from left to right, row after row, and search for both letters at the same time; do not search for one letter and then go back to search for the other letter. You have 20 seconds to search for letters G and S. Remember to time yourself using a stopwatch or ask someone if they can time you.

1. N G D H U W D E H S K F H H K U A L H P
2. Y H G J H Q C Q L V S H E T W I H H R K
3. J N U K S G V S F X N G S S A T U T E I
4. D J J V A L H F S H J S E E T L J O H H
5. S U U C H M U G F S J K V H D A N U K S

Task 3

Search for, and put a strike through the letter H whenever it appears in the block of letters below and the 1st letter in each row and then every time it appears in that row. Start your search at the top of the block, always working from left to right, row after row, and search for both letters at the same time; do not search for one letter and then go back to search for the other letter. You have 25 seconds to search for the letter H and the 1st letter in each row and then every time it appears in that row. Remember to time yourself using a stopwatch or ask someone if they can time you.

1. V I I H A N J B G H N H A S V X A P G J
2. G K K C W B K A S Y J O H D C L J F S C
3. Q L L S H G J O F D J Q W F K T U T C Q
4. M O O F J T K H G D W I A H G L I K V L
5. K H H B K U R M L R X C V J L G K H B V

STOP. This is the end of the SCAAT practice test.



The answers

Now check your answers using the table below:

Task	Search Letter	Total Number Found
Task 1	G	9
Task 2	G	5
	S	11
Task 3	H	10
	Line 1: V	2
	Line 2: G	1
	Line 3: Q	3
	Line 4: M	1
	Line 5: K	3

Doing your best

- Whatever your score we recommend that you keep practising. Rub out your answers and try the test again. You could also search for different target letters on each task.
- The test on the day will involve you sitting 3 different sub-tests similar to the 3 practice tasks. You will search for shapes and not letters. For each sub-test you will have 3 blocks of shapes to work through.

Completing other practice tests

Research has shown that practice can help you to improve the chances of performing well on a test. To help you prepare for the SCAAT an enhanced and more detailed practice test has been specifically prepared for you that is similar but not identical to the real test.

The key benefits of purchasing the extended version of the SCAAT Practice test are as follows:

- the practice test is similar to a real test with time limits so it will help you to practice working under time pressure;
- it provides you with the correct answers and feedback;
- it gives you hints and tips of how to prepare yourself for the real test; and,
- the practice test was developed by psychologists from OPC Assessment who design real tests that are used around the world.

OPC Assessment have other practice tests available that you might be interested in completing. Please visit our website www.theopc.co.uk for further information.

And finally, good luck!

