



ABILITY TEST REPORT

Dual Monitoring Test

Feedback for

Sam Sample

About this report

This report gives you feedback on the Dual Monitoring Test you completed on 17 October 2026. It is written for you, and it is yours to keep. The organisation that invited you to take the test will let you know about the next steps in your application separately.

What the test measured

Four things that come up wherever more than one source of information has to be watched and acted on:

- Reporting every alert -- finishing the check after finding one problem, so a second is not missed.
- Applying limits exactly -- comparing a count or a reading with its limit in full, especially when it is close.
- Sustained monitoring at pace -- keeping both checks going steadily for the whole time.
- Checking both sources every time -- giving each source its own full check, so neither is missed.

No railway or technical knowledge was needed. Both rules were on the screen throughout.

What your results suggest

You showed a sound monitoring method: you worked to both rules and kept a steady pace. The marks that are easiest to gain on tests like this come from small things -- a reading close to its limit judged at a glance, a second alert left unticked once the first was found, one source checked less fully as the pace rose -- and the following page is aimed at exactly those.

Areas to develop

Whatever your result, all four of the things the test measured improve quickly with regular practice on ordinary, everyday material -- you don't need specialist resources to work on them.

The suggestions below are in order, based on your results: the first area is where you are likely to benefit most from further development.

Reporting every alert. Finding one problem gives a sense of a job done, and that is exactly when a second one slips through. *Try this:* next time you spot a mistake in a form, a bill or a piece of work, make yourself finish checking the rest of it before you deal with the one you found.

Applying limits exactly. Readings near a limit are where a quick glance most often gets it wrong; the first digit or the general look is not enough. *Try this:* when you check a price against a budget, a weight against a limit or a time against a deadline, compare the whole number, digit by digit, whenever it is close.

Sustained monitoring at pace. A steady pace you can keep accurate beats a fast start that tails off. *Try this:* on any long, repetitive task, check yourself at regular points -- every ten minutes or every page -- and ask whether you are still checking as fully as you were at the start.

Checking both sources every time. When one source holds your attention, the other is easy to skip without noticing. A fixed order -- always the same source first, then the other -- is what keeps both in play. *Try this:* when you are driving, cooking or working with two things on the go, pick a set order for checking them and stick to it, and notice when you were tempted to skip one.

These four habits -- check both sources every time, compare the whole value, finish the check after the first find, and keep a steady pace -- are what reliable monitoring is built on. They are learned by doing, and they transfer to any role that calls on them. We hope this feedback is useful, and we wish you well with your application.