

## The Café Test Protocol

**Use this with: All Sections**

This protocol trains your nervous system to block out distractions that are beyond your control. You should expect this to be initially challenging. Day by day, session by session, you'll feel your ability to focus grow.



### Before You Go...

1. Please choose a cafe like Starbucks or Panera where you will have good Wi Fi.
2. Print out some score-tracking sheets before you go. You should plan to record your answers on these papers. There are often technology glitches and this way, you will have everything written down and you won't be super annoyed.

The GSA Memoir		Reading Score Tracking Document	
Passage 1	Question Type	Passage 3	Question Type
1		1	
2		2	
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6		6	
7		7	
8		8	
9		9	
10		10	
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99		99	
100		100	

The GSA Memoir		Listening Score Tracking Document	
Passage 1	Question Type	Passage 4	Question Type
1		1	
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8		8	
9		9	
10		10	
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99		99	
100		100	

3. Charge your laptop. You may not be able to find a place to plug in your computer.
4. Gather pencils and enough notepaper for 3 reading passages and 6 listening passages.

### At the Café...

1. Order something cheap. You're just there for the the environment.
2. Sit in a place that's near other people but not too crazy busy. The goal is to introduce some background distractions that you cannot control.
3. Do timed conditions as much as possible.
4. Record your answers on the Tracking Sheets. This way, if there are any internet connection issues, you don't lose all your answers.
5. Don't take breaks or eat while you answer because it will skew the results.
6. Calculate your scores.

⚠️ Repeat the process until you're able to quickly sink into a state of focus and get your scores. Paying for a coffee at any café is much cheaper than paying to register for a real test.