



STEM Placements and Internships Psychometric Tests Guide

What is a Psychometric Test?

Employers sometimes use psychometric tests as a **preliminary recruitment screening stage**, or as part of an **assessment centre**. They help to identify your skills, knowledge and personality, making them strong indicators of job performance. They are very popular with large recruiters.

Two main types of tests: Personality tests and Aptitude tests

- **Personality tests** explore your interests, values and motivations, analysing how your character fits with the role and organisation. They analyse your emotions, behaviours and relationships in various situations.
- **Aptitude tests** assess your reasoning or cognitive ability, determining your skillset for a role. You answer multiple choice question within a specified time, and you need to achieve a certain score to pass. Common types of aptitude tests include numerical reasoning, verbal reasoning, spatial reasoning, situational judgement, abstract reasoning, error checking, and diagrammatic reasoning

Practice Tests

Use the **University of Brighton Aptitude Tests Portal** which contains various practice tests. Log in with your university login details: [University of Brighton - Graduates First](#)

For additional advice, information and free psychometric tests online visit:

- [JobTestPrep](#)
- [AssessmentDay](#)
- [Cubiks.com](#)
- [Graduates First](#)
- [Institute of Psychometric Coaching](#)
- [Practice Aptitude Tests](#)
- [Procter & Gamble](#)
- [Psychometric Success](#)

REMEMBER!!!

EMAIL THE STEM PLACEMENT AND INTERNSHIP TEAM TO GET FURTHER HELP AND ADVICE ON PSYCHOMETRIC TESTS stemplacements@brighton.ac.uk

