Observation and Memory Section Preparation

These activities can be done in the weeks leading up to the written test to prepare for the Observation and Memory Section:

- 1. Know your subject. You'll notice more if you understand it.
- 2. Slow down and look outwards. Use **mindfulness**to focus your attention on your surroundings.
 - 1. Mindfulness meditation. Sit in a relaxed position but focus on your breathing. Pay attention to how it feels, listen to the sound of your breath and feel your chest expand and contract. If distracting thoughts arise, realize you are distracted and bring your attention back to your breathing. Do this for one minute.
 - 2. Observe the environment. Look at the images on the exam and really concentrate on that image. Notice the details and what is different from the other images. Notice the facts that stand out as unique.
 - 3. Slow Down. Concentrate on completing one task and one question at a time to the best of your ability. If you get distracted, don't feel guilty but redirect your attention back to the task or the question.
 - 4. Pay attention to routine tasks. Simply pay attention to the details of the task. For example, feel the paper between your fingers, experience the sensation of filling in the bubble on the scantron, and you will feel more positive about the task once you have completed it.
- 3. Try something new. Skip a difficult question you might be stuck on and come back to it later.
- 4. Challenge yourself to a mental workout. A smarter, more agile brain will help you to observe with greater insight. Practice developing your memory in the upcoming weeks to the examination.
- 5. Test your observation by playing a memory game. Describe a photograph, or list everything in the room you're in right now without looking. And remember, practice makes perfect! When you are observant, you use your senses to examine something that you're curious about, and you evaluated what you experience. "Observing" is not the same thing as "seeing". "Seeing" is passive. Observation is a process of paying attention, intently and actively, so that you can gather specific information to assess.
- 6. Record and consider your observations. Go beyond the things you see. Note down the smells and sounds you experience too.
- 7. Stay inquisitive! Question and analyze your observations. Doing this will add value to your work.

Sample Questions

Look at the following four images for 10 minutes and then answer the questions. You may NOT look at the images for reference once your 10 minute study time is over.



Anytown Police Department *Intelligence Bulletin*

Issue Date: 1/1/2014

Wanted Person



Name: Siegel, Benjamin Race: White Sex: Male

DOB: 2/28/1906

Height: Weight: Hair: Brown Eyes: Blue ID No.:

LKA: Beverly Hills, CA

Siegel could have been wanted for any number of mafia related crimes from the 1920's through the 1940's up to an including murder. However he had the unfortunate fate of being shot to death in a Beverly Hills, CA home of his girlfriend on June 20, 1947.

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For further information contact: Anytown Police Department Intelligence Unit 254-123-4567 or intel@anytownpd.org

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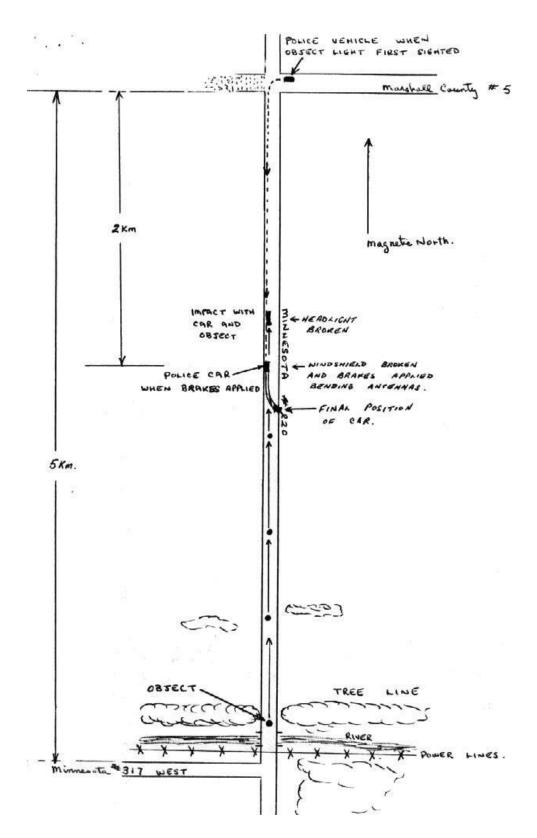
Sheriff's Department Marshall County Minnesota



FI No. 79/

INVESTIGATION REPORTS

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You are not allowed to go back to the images to review them once the 10-minute study time is over.

Questions:

1.	What was Benjamin Siegel's crimes?
	A. Any number of mafia related crimes from the 1920's through the 1940's including murder
	B. Murder only
	C. Organized crime
	D. None of the above
2.	Where was Siegel was shot to death?
	A. Chicago, IL
	B. Anytown
	C. Beverly Hills, Ca
	D. Los Angeles, CA
3.	Driver #1 in the accident requires corrective lenses to operate a motor vehicle.
	A. True
	B. False
4.	According to the Investigation Report, Patrol Vehicle 407 noticed:
	A. An unknown object
	B. A motor vehicle accident
	C. 10-88
	D. A light

5.	The m	notor vehicle accident in the report occurred in what year?
	A.	1988
	В.	1979
	C.	1927
	D.	1981