

## COGNITIVE SPEED TEST

### INSTRUCTIONS LIST

- TIME LIMIT: 2 minutes
  - THE FIRST ONE THAT FINISHES WINS
1. Strictly follow the instructions listed below.
  2. Read all before
  3. Count the number of windows in the room\_\_\_\_\_
  4. Enter your name right at the top of the sheet
  5. Remove your shoe, your left shoe
  6. Write the date and place of birth \_\_\_\_\_
  7. Stand up and shout loudly "I respect the instructions"
  8. Surround the sheet into a square
  9. Turn the page and leave your pen
  10. Name three directors of Spanish cinema
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  11. What name would you give to your dog?
  12. With an error of 50 centimeters type the value of the dollar, today  
 $144 + 62 = 13$ . \_\_\_\_\_
  14. Count the number of people present in the room
  15. How many wear black shoes?
  16. Only perform steps 1, 2, 9 and 16
  17. Fold this instruction sheet in octave and deploy it
  18. Give a hearty handshake to your neighbor
  19. Recite silently, a poem or a prayer
  20. Empty the contents of one of your pockets on the table.

## HOW SKILLED ARE YOU

*Answer these questions and reflect on what the nonverbal cues you normally use in your conversations. Choose the option that best explains your "style" of telling things to others*

*1. My "position" when I'm talking to someone ...*

- a) If I get shy, I lower my head a little and do not even know where to put my hands*
- b) I do not care, I act naturally*
- c) I stand as I please*

2. When someone is talking to me, I ...

- a) I look a little
- b) I look into their eyes
- c) I look to more interesting things

3. And what is my "orientation" when I participated in a conversation?

- a) I have not noticed
- b) Face, facing the speaker. As it should be right?
- c) back, side, crouched ... in every way, as I look

4. To me that the "proximity" is one thing ...

- a) I always place myself away from the speaker
- b) If it is well known mine because ... I get more cerquita in conversation
- c) What is that of proximity? I get where I think.

5. What pints doing? ...

- a) The mine, I have no other
- b) I like to have good "paints"
- c) I do not care that the self-image

6. Smile ... And what?

- a) I'm a little cutting
- b) ES mine
- c) Smiling ¿? What for?

7. In discussions I ...

- a) I just shake my head at all
- b) Floor make some nod
- c) I have not noticed it

8. Let's talk about hand gestures in conversation ... I

- a) Just I use them
- b) is my forte, I conveyco them with my gestures
- c) I do not stop them. It is what I say because of them.

9. I have a habit of ...

- a) Narrow rarely hands, give a few pats on the back
- b) If I know anything at all
- c) Take the hand, arm, put his arm over

10. Have you noticed what is the volume of your voice and how you say things?

*a) Very short, very short*

*b) I raise the volume when you want to convince someone and change the tone to distract personnel*

*c) Placido Domingo is nobody compared to me.*