

You will need a sheet of plain paper (ideally, but lined will do), a black pen, a red pen and a scissors. The colours of the pens are important for psychological reasons so don't deviate.

1. Read through this list.
2. Get the sheet of paper.
3. Write your name in the upper right-hand corner with the black pen.
4. Write the word "name" in red on the opposite corner and circle it in black.
5. Draw five small squares in the lower left-hand corner in black.
6. Put an "X" in each square with the red.
7. Write 'sentence no 6' in the middle of the page in red, (size doesn't matter) and draw a red circle completely around it. Needn't be perfect.
8. Put an "X" in the lower right-hand corner of the page in black.
9. Draw a triangle, black, around the red circle that's around red 'sentence no 6'.

I know it's getting complicated but you'll see how it works...

10. On the back of the paper do this sum in back ink: $156 + 45$
11. If you're studying a foreign language write the answer in words under the sum in red: example $5+7 = 12$
Douze (or whatever language you find toughest)
12. Count to 5 in your head just as a breather.
13. If you can see that you have carefully followed directions to this point write YES in BLACK capitals anywhere on the front of the page (self-affirmation is important and it works). Now cut the page in half.
14. Find the typo in no. 10 and write down the correct spelling anywhere on the bottom half of the back of your page in whichever pen is now in your hand.
15. Say to yourself out loud "I am nearly finished. I have followed directions".
16. Now that you have finished reading the entire page do only sentence number two. If you have already completed any of the other tasks in the list, you failed to follow directions and failed the test. Sorryyyyyyyyyy!!