

# CCAT — Criteria Cognitive Aptitude Test

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One-page study plan. Full guide and free timed practice test at [primedprep.com/ccat-test](https://primedprep.com/ccat-test)

## Test format

- 50 questions in 15 minutes — approximately 18 seconds per question.
- Mix of verbal, math, spatial, and logic items.

## Study focus (what actually moves your score)

- Number series: test arithmetic differences, then geometric ratios, then alternating patterns.
- Verbal analogies: identify the relationship type before scanning options.
- Basic arithmetic: percentages, ratios, unit conversion — do them cold.
- Odd-one-out and shape rotation: recognise the pattern quickly, skip if unsure.
- It is a pace test: 30/50 done correctly usually beats 20/50 done perfectly.

## One-week study plan

- Day 1: full 15-minute timed CCAT diagnostic.
- Days 2–6: one 15-minute timed set daily, focused on weakest topic.
- Day 7: two full timed sets, back to back.

## Test day

- No calculator — practice all arithmetic mentally or on paper.
- Skip immediately if a question would eat >30 seconds.
- Watch the clock; make sure every question at least gets an answer.