## How to Earn Your Best Parrot Rating

If you're nervous about taking the Parrot Spanish test, you should know that you're not alone! Most people report anxiety surrounding any kind of exam, and since a higher Parrot rating can help you access new opportunities, it's natural to feel like the stakes are high. Our goal is to make the experience as simple and stress-free as possible, allowing you to demonstrate your Spanish skills without unnecessary distraction or confusion. To that end, here are some ways you can prepare for the test in order to showcase the skills you've worked hard to develop:

## Explore the demo test.

We've built a demo test to help you become familiar with how the test works, reduce your anxiety, and improve your performance on the actual test. While demo responses are not rated, you'll still get the best results by practicing as if they were. You can access the demo test at www.parrotdemo.com

## Taking the Test.

Make sure you're well-rested and comfortable. Warm up by speaking Spanish prior to beginning. The test should take about a half hour. Reserve enough time to make sure you aren't rushed.

## Trust your instincts.

While you should think about your responses before you begin to record, once you are recording, it is best if you try to speak naturally, just as you would in the situation described. Don't try to memorize what you want to say. This will harm the flow of your speech, and our raters will notice it as an indicator of low-level speaking.

## Don't give up when you make mistakes.

You can only record each response one time. Try not to let that discourage you. If you make a mistake, correct it if possible and keep going. Being able to correct errors and still be understood is a skill our raters look for. We don't share your responses with anyone else, so no need to feel embarrassed about anything you might say.

## Make sure the raters have enough to go on.

While there are no rules about how long your answer must be, very short responses typically do not earn high ratings. If you don't know what to say, use the images provided and your imagination to respond in some way. We aren't rating your opinion or the content of your answer, but the language skills you demonstrate.

## Contact us if you have any questions or concerns.

Our support team has lots of experience helping people understand the exam and optimize their scores. If you have any questions about how the test works or how you should prepare, don't hesitate to reach out. We want you to do your best, and we're excited to hear from you! Support is available via phone, email and chat.

Our mission at Parrot is to help people just like you to succeed, by demonstrating your hard-earned English skills with a verified rating. A Parrot rating helps you qualify for opportunities in which you're prepared to excel.

We're excited about what's next for you.


