# **How to Take a CCRA Skills Test**

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# 1. Purchase

- 1) Make sure your equipment meets the minimum technical requirements listed under Appendix A: Technical Requirements.
- 2) Purchase your online skills test at cal-ccra.org.

**NOTE:** If you already have a Realtime Coach™ account, be sure to use the e-mail address associated with that account when you purchase your skills test from CCRA. This will ensure that your existing account is enrolled in the skills test. Using a different e-mail address will cause a new RTC Account to be created. If you need to use a new e-mail address when purchasing your skills test, be sure to update it RTC first.

# 2. Prepare

# Log in to Realtime Coach™ (RTC)

Go to <u>myrealtimecoach.com</u>, and log in, following the instructions in your confirmation email. The email contains your login information for the CCRA tests. *Please do not create a new account. If you create a new account, it will not have access to your CCRA tests.* 

# **CCRA Certification Practice Testing**

CCRA offers practice tests that are available in the RTC platform. These can be taken as many times as you'd like until you're confident with the testing process.

Practice tests can also be proctored just like a real test. We strongly encourage you to do at least one proctored practice before taking the real test. This will help you become familiar with the proctored testing process and ensure your computer and webcam work properly with the proctoring software.

To purchase a CCRA practice test, follow the instructions in this document. There is a \$5 fee from ProctorU for each proctored practice exam. You will pay this fee at the time you schedule your proctored practice session.

For any other questions about practice tests, please contact RTC directly.

# Get ready to test

- 1) Connect your writer to your computer.
- 2) Turn on your writer.
- 3) Place your writer in Test Mode. If you are unsure how to do this, contact the manufacturer.
- 4) Make sure your external webcam is connected and functioning. (For webcam requirements, see Appendix A.)
- 5) Make sure your microphone is connected and functioning.
- 6) Plug your headphones in, and make sure they are functioning. Practice and test with the same wired headphones. (Bluetooth headphones are NOT permitted.)
- Make sure you have tested your equipment through ProctorU.
  - Log into myRealtimeCoach.com.
  - Click Test > CCRA Certification Test Center.
  - Under Step 2. Test, click Schedule/Take a Proctored Practice. This will log you into

ProctorU in a new browser tab.

- Click Test Your Equipment.
- 8) Open your CAT software and start a new translation. Write a few strokes to confirm that the realtime feed from your writer is functioning.
- 9) Back on the testing page in RTC (Test > CCRA Certification Test Center), click a practice test thumbnail to launch the practice test.

# **Practice the Testing Process**

- 1) First, check the right side of the screen for the Job Dictionary. These words will appear on your test. Enter the words into your job dictionary (If there are no words provided, you will see "No Dictionary Words").
- 2) Once you have entered the word list into your Job Dictionary, click **Play** to start the one-minute warm-up and write the warm-up.
- 3) Toggle to your CAT file and write a few strokes to confirm that you still have a translation running.
- 4) Go to RTC. Click **Play** to start the test and write the test. **NOTE**: setting up a realtime feed to *RTC* is not needed and is therefore optional.
- 5) Go back to your CAT file, and close it (saving, if prompted).
- 6) Go to RTC. Click **Attach Notes** and select your steno notes file (If you are unsure what format to attach your files in, refer to Appendix B: Attaching Files). You will have **two minutes** to find and attach your notes.
- 7) Go to RTC. Click **Attach Transcript**, and select your transcript file. You will have **two minutes** to attach your transcript. <u>You cannot make any edits before attaching your final transcript.</u>
- 8) Go back to your CAT software. Re-open your CAT file. Highlight only the test portion of your final transcript (no warm-up text, headers, footers, page numbers, etc.), and press **CTRL+C** to copy your transcript.

## **CaseCATalyst Users:**

When copying and pasting, unconfirmed **EZ Choice** conflicts will appear in the original conflict form. Once you confirm an **EZ Choice** selected conflict, it will be pasted as normal text. To confirm all the **EZ Choice** selected conflicts at one time, use **Resolve All Chosen Conflicts** from the **Special Edit** menu before you copy and paste.

#### StenoCAT® Users:

Before copy/pasting, be sure to:

- Accept conflicts by going to Tools > Accept Conflicts
- Accept fields by going to Tools > Accept Defined Fields
- Go to RTC. Click in the My Transcript box, and press CTRL+V to paste your final transcript.
- 10) At the end of a *real* test, you will be able to click "**Get Estimated Score**" to receive your preliminary score. You will not receive a grade for any practice tests, only the *real* test.

## **Schedule a Proctored Practice**

- 1) Log in to myRealtimeCoach.com.
- 2) Click Test > CCRA Certification Test Center.
- 3) Click Schedule/Take a Proctored Practice.
- 4) A new browser tab will load **ProctorU.com**. Click **Schedule New Session** if not automatically prompted to do so.
- 5) Click on **New Exam** to schedule your practice test.
- 6) Select your desired skills test from the **Exam** dropdown menu. <u>Make sure it says Practice</u> Test, not one with REAL TEST in its name.
- 7) Select your preferred date.
- 8) Select your preferred time.
- 9) After scheduling your test, you will see a **countdown** for your scheduled test time.

#### Remember!

- Make sure you take your proctored practice test in the same environment and using the same equipment as you plan for your actual test in order to verify you meet the minimum technical requirements.
- Remember that while you may do practice tests as many times as you would like without a
  proctor, you will have no more than two practice opportunities with a proctor.
- We recommend you do not schedule your proctored practice and actual test back-to-back. Scheduling your proctored practice test and actual test on separate dates allows time to address any equipment issues you may have encountered during your practice test.
- You should successfully complete a proctored practice test before taking your actual test.

#### Take a Proctored Practice Test

- 1) To get ready, Follow steps 1-8 listed on Page 2 of this document.
- 2) Log in to myRealtimeCoach.com.
- 3) Click Test > CCRA Certification Test Center.
- 4) Click Schedule/Take a Proctored Practice Test.
- 5) A new browser tab will load ProctorU.com. Once the countdown reaches 0:00:00, click **Start Session**.
- 6) You will be automatically guided through a series of equipment checks to make sure your system meets minimum requirements.
- 7) You will take a photo of yourself as well as your I.D. for identity verification purposes.
- 8) Next, you will be prompted to download and run the ProctorU applet file that will bring up a chat box allowing you to text with your proctor. \*
- 9) Once you have connected your screen to the proctor, the proctor will communicate with you via the chat box and may call you through the applet.
- 10) Your proctor will then walk you through the authorization and system check. If this is your first time testing, you will also be asked to leave a keystroke sample. If you have done this step before, the keystroke recognition will be administered. \*\*
- 11) As prompted by the proctor, pan your external camera to show your testing area.
- 12) After checking your photo ID and the security of your testing environment, your proctor will then direct you back to My Realtime Coach. Click **Test > CCRA Certification Test Center**.

- 13) Scroll past steps 1-3, down to the practice section. Click the icon to load your practice test and take the practice test with the proctor. Follow the steps outlined in the **Practice the Testing Process** section.
  - \*Do not re-download the applet file unless the chat box does not open as that will put you back at the end of the waiting queue to connect to a proctor. You will be connected to a proctor as soon as one becomes available. Please do not contact ProctorU support unless you have been waiting to connect for more than 15 minutes or are unable to open the chat box.
  - \*\* The keystroke biometric is a behavioral biometric that uses the manner and rhythm in which an individual types characters on a keyboard or keypad. The keystroke rhythms of a user are measured to develop a unique biometric template of the user's typing pattern for future authentication.

# 3. Test

#### **Schedule Your Test**

- 1) Log in to myRealtimeCoach.com.
- 2) Click **Test** > **CCRA Certification Test Center**.
- 3) Check the box under Step 1. Purchase and Step 2. Test.
- 4) Click **Schedule my Test**. A new browser tab will load **ProctorU.com**.
- 5) Click **New Exam** and schedule your *actual* test just as you did your practice test.
  - \* Make sure you are selecting the correct test from the drop-down menu. After scheduling, you will receive a reservation confirmation email from ProctorU. Double check that the confirmation email has the correct test and time that you selected.
  - \* Please allow sufficient time for your testing appointment. CCRA recommends allocating two hours for transcription test appointments and one hour for realtime test appointments. *The authentication process and camera equipment check with a proctor will take approximately 30 minutes before you can start your test.*

# Get ready to test

- 1) Connect your writer to your computer.
- 2) Turn on your writer.
- 3) Place your writer in **Test Mode** (if available). If you are unsure how to do this, contact the manufacturer.
- 4) Temporarily disable any automatic cloud backup or storage features within your CAT software. Instructions for CaseCATalyst Users Disabling Cloud Backup
- 5) Make sure your external webcam is connected and functioning.
- 6) Make sure your microphone is connected and functioning.
- 7) Plug your headphones in, and make sure they are functioning. Practice and test with the same wired headphones. (Bluetooth headphones are NOT permitted.)
- 8) Open your CAT software and start a new translation.

- 9) Test your equipment on ProctorU.
  - Log into myRealtimeCoach.com.
  - Click Test > CCRA Certification Test Center.
  - Under Step 2. Test, click Take my Test. A new tab will open to ProctorU.com.
  - Click **Test Your Equipment**.

Important note about the proctor process:

During each appointment, you may interact with multiple proctors. Your first proctor will launch your test session by verifying your identity and checking your equipment and may transfer you to a technician if there are any issues. The second proctor will watch the session while you take your test. Please do not be alarmed if you submit your test and the proctor is a different individual.

#### **Connect With a Proctor**

- 1) Log in to myRealtimeCoach.com.
- 2) Click Test > CCRA Certification Test Center.
- 3) **Check the box** under Step 1. Purchase and Step 2. Test.
- 4) Click **Take my Test**, and once the countdown reaches 0:00:00, click Start Session.
- 5) You will be automatically guided through a series of equipment checks to make sure your system meets minimum requirements.
- 6) You will take a photo of yourself as well as your I.D. for identity verification purposes.
- 7) Next, you will be prompted to download and run the ProctorU applet file that will bring up a chat box allowing you to text with your proctor. \*
- 8) Once you have connected your screen to the proctor, the proctor will communicate with you via the chat box and may call you through the applet.
- 9) Your proctor will then walk you through the authorization and system check.
- 10) As prompted by the proctor, pan your external camera to show your testing area.
- 11) After checking your photo ID and the security of your testing environment, your proctor will then direct you back to My Realtime Coach. Click **Test** > **CCRA Certification Test Center**.
- 12) **Check the box** under Step 1. Purchase and Step 2. Test one more time.
- 13) Then scroll down and click on your test.
- 14) Your proctor will unlock your test with the password provided by CCRA. Then they will end control of your computer and you can begin the test when you are ready.
  - \* Do not re-download the applet file unless the chat box does not open as that will put you back at the end of the waiting queue to connect to a proctor. You will be connected to a proctor as soon as one becomes available. Please do not contact ProctorU support unless you have been waiting to connect for more than 15 minutes or are unable to open the chat box.

#### Take the Test

- 1) First, check the right side of the screen for the Job Dictionary. These words will appear on your test. Enter the words into your job dictionary (If there are no words provided, you will see "No Dictionary Words").
- 2) Once you have entered the word list into your Job Dictionary, click **Play** to start the one-minute warm-up and write the warm-up.
- 3) Toggle to your CAT file and write a few strokes to confirm that you still have a translation running.
- 4) Go to RTC. Click **Play** to start the test and write the test. **NOTE**: setting up a realtime feed to *RTC* is not needed and is therefore optional.
- 5) Go back to your CAT file, and close it (saving, if prompted).
- 6) Go to RTC. Click **Attach Notes** and select your steno notes file (If you are unsure what format to attach your files in, refer to Appendix B: Attaching Files). You will have **two minutes** to find and attach your notes.
- 7) Go to RTC. Click **Attach Transcript,** and select your transcript file. You will have **two minutes** to attach your transcript. <u>You cannot make any edits before attaching your final transcript.</u>
- 8) Go back to your CAT software. Re-open your CAT file. Highlight only the test portion of your final transcript (no warm-up text, headers, footers, page numbers, etc.), and press **CTRL+C** to copy your transcript.

#### CaseCATalyst Users:

When copying and pasting, unconfirmed **EZ Choice** conflicts will appear in the original conflict form. Once you confirm an **EZ Choice** selected conflict, it will be pasted as normal text. To confirm all the **EZ Choice** selected conflicts at one time, use **Resolve All Chosen Conflicts** from the **Special Edit** menu before you copy and paste.

#### StenoCAT® Users:

Before copy/pasting, be sure to:

- Accept conflicts by going to Tools > Accept Conflicts
- Accept fields by going to Tools > Accept Defined Fields
- 9) Go to RTC. Click in the My Transcript box, and press CTRL+V to paste your final transcript.
- 10) Click "**Get Estimated Score**" to receive your preliminary score.
  - \* If you are unable to upload your files for any reason, email them to <a href="testing@cal-ccra.org">testing@cal-ccra.org</a> during your allotted test time and while still connected to your proctor. CCRA will review your test session to determine if your test is eligible for manual grading. Once e-mailed, delete the e-mail message from your Sent folder.
  - \*\*Please attach your notes file and unedited transcript as directed above. Instead of copying and pasting your transcript, please type "Non-Transcribe" in the **My Transcript** box in RTC.

# **After the Test**

- 1) Notify the proctor you are done via the chat box.
- 2) Allow the proctor to clear your computer clipboard.
- 3) Delete all test files from your writer.
- 4) Delete all test files from your CAT software and computer (including Recycle Bin and any Cloud backup).
- 5) Shred any test documents you printed, including paper notes.
- 6) Receive your certified final score from CCRA by email within three weeks (15 business days) of taking your test.

# **Appendix A: Technical Requirements**

# **Computer, Web Browser, and Internet Connection**

	Minimum	Recommended
Screen Resolution	1366x768 resolution	1920x1080 resolution (or
		more)
PC Operating System*	Windows 8	Windows 10
Mac Operating System*	Mac OS 10.13	Mac OS 10.15
CPU	2 core CPU, less	4 core CPU (or more), less than
	than 85% Usage	50% Usage
RAM	4GB, less than	16GB (or more), less than
	90% Usage	70% Usage
Web Browser	Chrome (latest),	Chrome (latest)
	Firefox (latest)	
Internet Connection	Wi-Fi Connection	Wired Connection
Internet Download Speed	3 Mbps	12 Mbps (or more)
Internet Upload Speed	1 Mbps	3 Mbps (or more)

<sup>\*</sup>Note: The testing platform will only support OS versions that are currently being supported by Microsoft and Apple.

#### Webcam

Candidates will be required to present a **full view** of their face while testing. CCRA requires an **external** webcam for testing. Built-in webcams on laptops or monitors **will not** be allowed. Cameras with bendable necks or other external web cameras are recommended, so the proctor can ask the candidate to move the camera around at different angles. External web cameras are readily available for purchase online or in stores.

# **Other Requirements**

- 1) Clear your desk/testing area of everything not listed here as a permitted material
- 2) Stenographic writer
- 3) CAT software
- 4) Microphone (your computer and/or web camera might have a built-in microphone) Wired Headphones (to connect to your computer and listen to the test). Bluetooth headphones are NOT allowed under any circumstances.

# Hardware and Software Not Supported

- 1) Google Chromebooks
- 2) Tablets (Nexus, iPad, Tab, Note, etc.)
- 3) Smart phones
- 4) Linux operating systems
- 5) Windows 10 in S mode
- 6) Microsoft Surface RT

Note: It is best if you keep your CPU usage below 85%.

# **ProctorU System Check**

Once you feel your setup meets the minimum technical requirements detailed in this section, please perform the ProctorU System Check:

- Log into mvRealtimeCoach.com.
- Click Test > CCRA Certification Test Center.
- Under Step 2. Test, click Access my ProctorU Account. A new tab will open with ProctorU.com.
- Click Test Your Equipment.

# **Appendix B: Attaching Files**

Attaching your notes and transcript files is similar to attaching a photo to an email. Do the following:

- 1) In RTC, click **Attach Notes** or **Attach Transcript**.
- 2) Navigate to the place on your computer where the file is saved and select your file.
- 3) Click Open.

**NOTE**: You will have **two minutes** to attach your notes file (watch the timer). This is plenty of time if you know where your file is. Make sure you are comfortable with finding your files before test day.

For CRG and CCG, you will have **two minutes** to upload your transcript file (<u>you cannot make any edits on a realtime transcript</u>).

Each CAT program has a default location where it saves your notes and transcript files, as follows:

## CaseCATalyst

Default location: C: drive > CAT4 > USR > [your name].

Notes file: ends in .sgstnTranscript file: ends in .sgngl

## DigitalCAT:

Default location: C: drive > Documents > digitalCAT > Transcripts.

Notes file: ends in .trnTranscript file: ends in .trn

**NOTE**: Your transcript file must have a different name than your notes file.

## • Eclipse:

Default location: C: drive > Users > My Documents > Eclipse > [your name] > [your name].

Notes file: ends in .notTranscript file: ends in .ecl

# • Winner (ProCAT):

Default location: C: drive > Winner > [your user]

Notes file: ends in .stnTranscript file: ends in .trp

#### • StenoCAT®:

Default location: C: drive > My Documents > [USERNAME] > JOBS

Notes file: ends in .trnTranscript file: ends in .trn

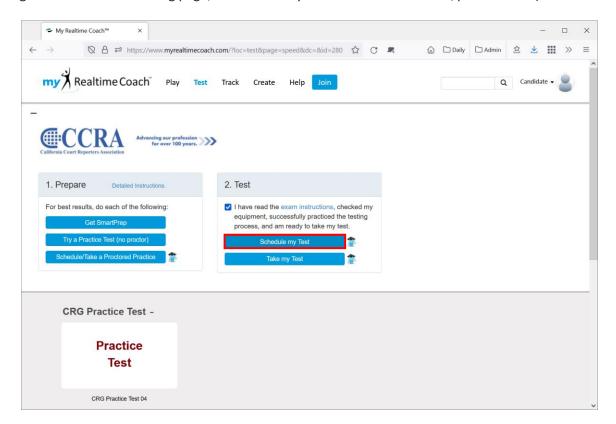
**NOTE**: Your transcript file must have a different name than your notes file.

- **AristoCAT**: Please upload your files in PDF format. If unsure how to do so, please reach out to AristoCAT support.
- **Plover:** Before scheduling your test, please contact <u>testing@cal-ccra.org</u> for special accommodations. Must be used with stenographic writer.

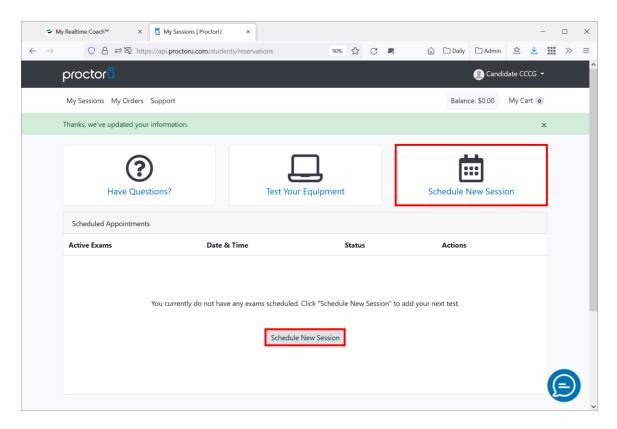
# **Appendix C: Detailed Test Process (with Screenshots)**

# **Schedule Your Test**

- 1) Log in to myRealtimeCoach.com.
- 2) Click Test > CCRA Certification Test Center.
- 3) Check the box under Step 1: Purchase, and Step 2: Test.
- 4) Click **Schedule my Test**. (Or click **Schedule/Take a Proctored Practice** for a practice test. Both will go to the same scheduling page, so make sure you select the correct test/practice test.)

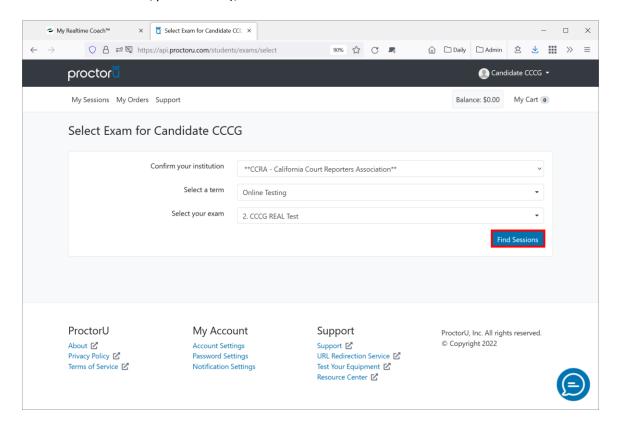


5) A new browser tab will load **ProctorU.com.** If you have no other tests scheduled, you will select **Schedule New Session**.

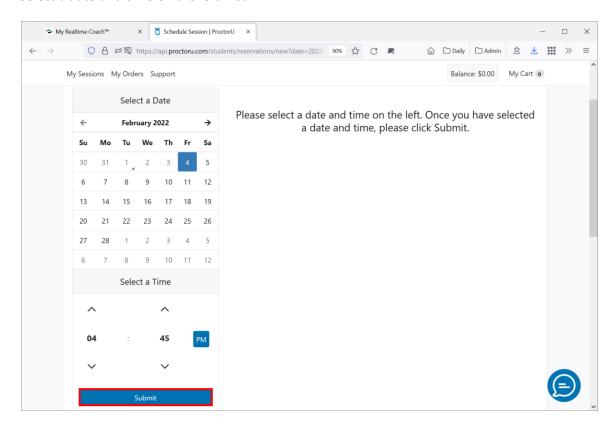


**Important Note**: During each appointment, you may interact with multiple proctors. Your first proctor will launch your test session by verifying your identity and checking your equipment and may transfer you to a technician if there are any issues. The second proctor will watch the session while you take your test. Please do not be alarmed if you submit your test and the proctor is a different individual.

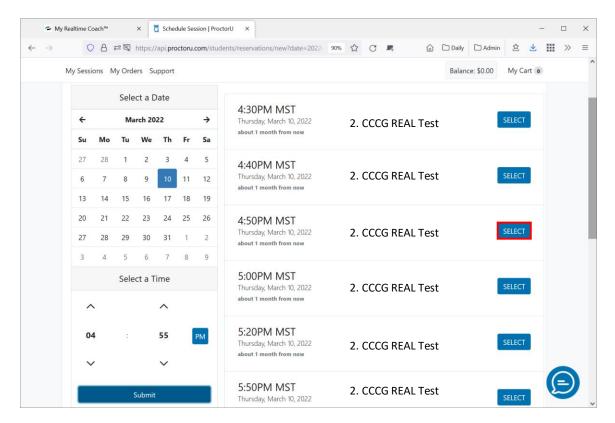
6) Confirm the institution (CCRA), select *Online Testing*, select the test you wish to take (make sure to select the correct test/practice test), and click the *Find Session* button.



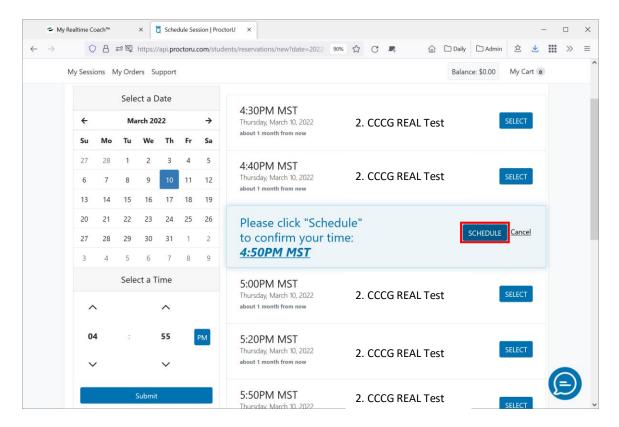
7) Select a date and time on the left first.



8) Select from the list of available days/times closest to your preference.



9) Click the *Schedule* button to confirm the date/time:



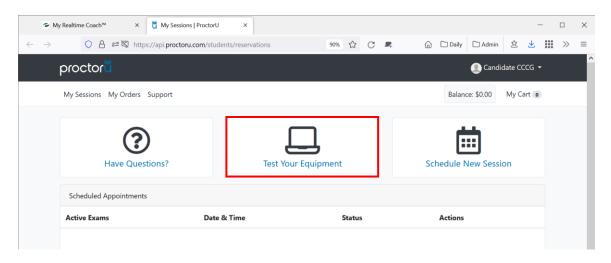
10) Follow the prompts to complete payment.

# Receive confirmation of date/time.

After scheduling, you will also receive a reservation confirmation email from ProctorU. Double-check that the confirmation email has the correct test and time that you selected. Remember that while you may do practice tests as many times as you would like without a proctor, you will have no more than two practice opportunities with a proctor.

# **Test Your Equipment**

You may wish to take this opportunity to Test Your Equipment prior to your proctored session.



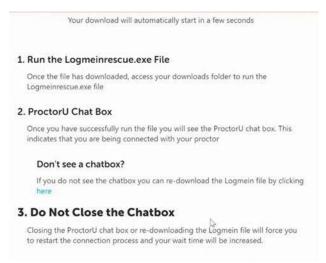
# **Take a Proctored Test**

- 1) Connect your writer to your computer.
- 2) Turn on your writer.
- 3) Place your writer in **Test Mode** (if available). If you are unsure how to do this, contact the manufacturer.
- 4) Temporarily disable any automatic cloud backup or storage features within your CAT software. <u>Instructions for CaseCATalyst Users Disabling Cloud Backup</u>
- 5) Make sure your external web cam is connected and functioning.
- 6) Make sure your microphone is connected and functioning.
- 7) Plug your headphones in, and make sure they are functioning. Practice and test with the same wired headphones. (Bluetooth headphones are NOT permitted.)
- 8) Open your CAT software and start a new translation.

#### **Connect to a Proctor**

- 1) On the day of your test, **check the box** under Step 1. Purchase and Step 2. Test.
- 2) Click **Take my Test.** (For a practice test, click **Schedule/Take a Proctored Practice**.)
- 3) Once the countdown reaches 0:00:00, click **Start Session**.
- 4) You will be automatically guided through a series of equipment checks to make sure your system meets minimum requirements.
- 5) You will take a photo of yourself as well as your I.D. for identity verification purposes.

6) Next, you will be prompted to download and run the ProctorU applet file that will bring up a chat box allowing you to text with your proctor. \*



7) Here is the downloaded applet, which connects your screen to the proctor.



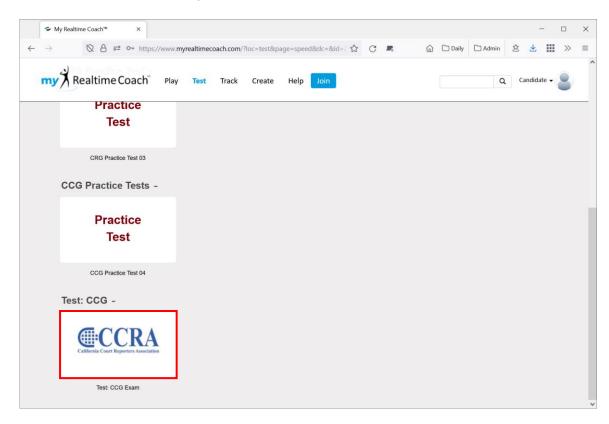
8) Once connected to a proctor, they will complete the authorization and system check with you. As prompted by the proctor, show your photo ID. A photo of your face is kept on file to help authenticate your identity.



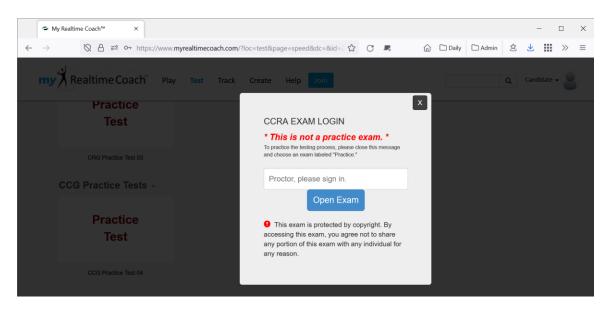
As prompted by the proctor, pan your camera to show your testing area.



- 9) Your proctor will then direct you back to Realtime Coach. Click **Test > CCRA Certification Test Center**.
- 10) Check the box under Step 1. Purchase and Step 2. Test one more time.
- 11) Then scroll down and click on your test.



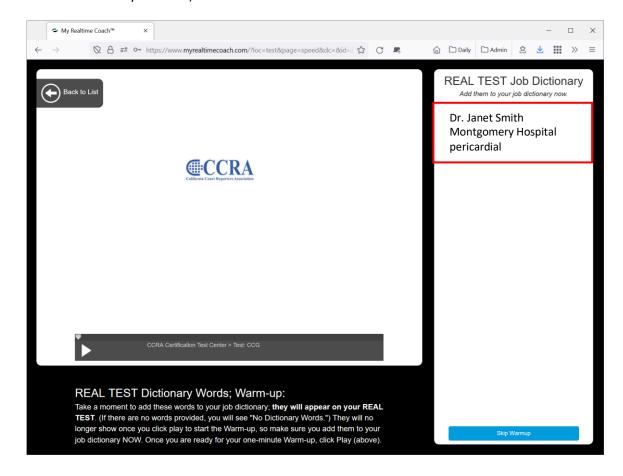
Your proctor will unlock your test with the password provided by CCRA. Then they will end control of your computer and you can begin the test when you are ready.



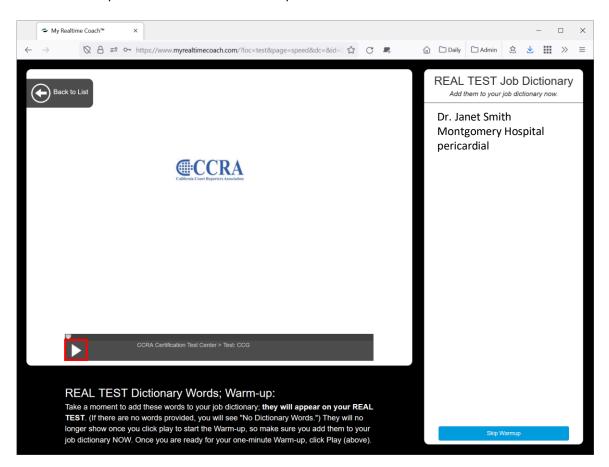
\*Do not re-download the applet file unless the chat box does not open as that will put you back at the end of the waiting queue to connect to a proctor. You will be connected to a proctor as soon as one becomes available. Please do not contact ProctorU support unless you have been waiting to connect for more than 15 minutes or are unable to open the chat box.

# **Take Your Test**

1) Check the right side of the screen for your Job dictionary. These words will appear on your test. Enter the words into your job dictionary. (If there are no words provided, you will see "No Dictionary Words.")

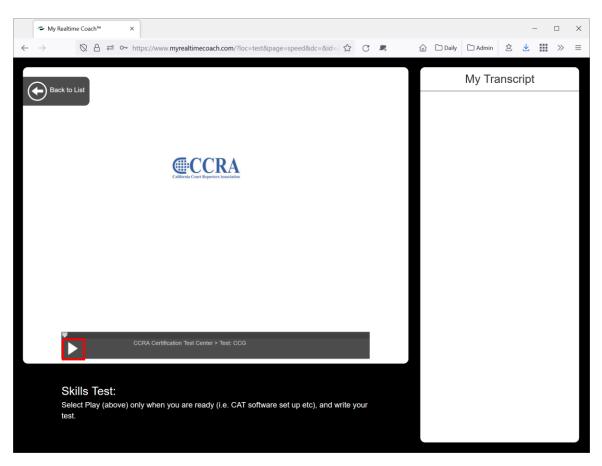


2) Once you have entered the word list into your dictionary, click **Play** to start the one-minute warm-up audio and write the warm-up.



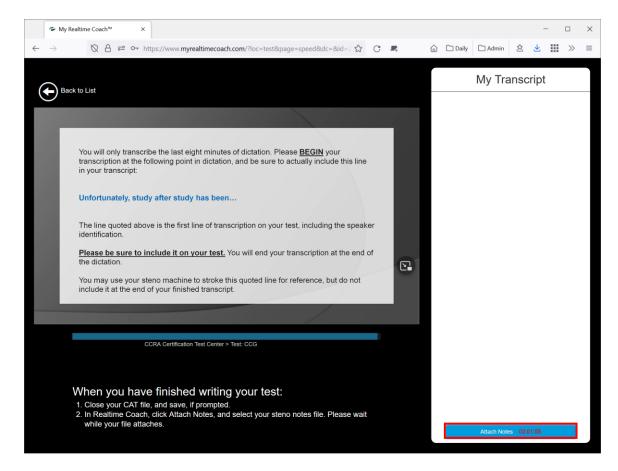
3) Toggle to your CAT file and write a few strokes to confirm that you still have a realtime feed from your writer.

4) Go to RTC. When you are ready, click **Play** to start the test, and write the test. (**NOTE**: setting up a realtime feed to RTC is not needed and is therefore optional.)



5) Go back to your CAT file, and close it (saving, if prompted).

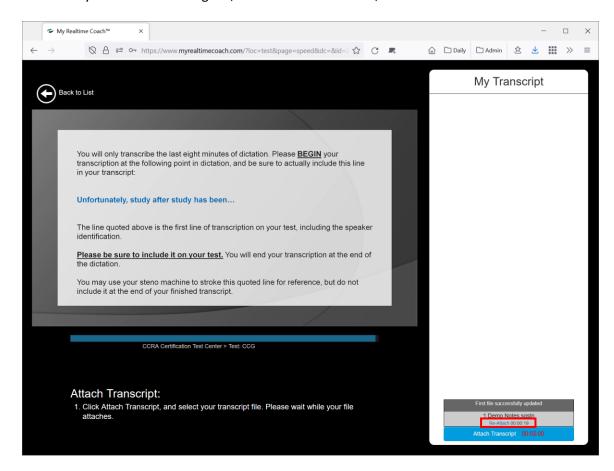
# 6) Go to RTC and click Attach Notes.



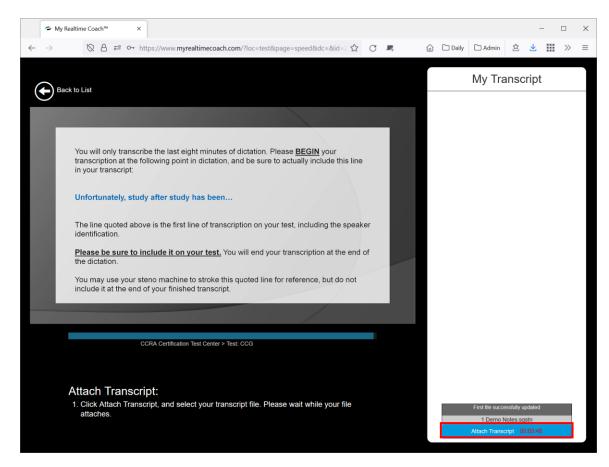
**NOTE**: You must attach your notes before your **two-minute** timer finishes counting down.

7) Navigate to the place on your computer where you've just saved your CAT file. Select your steno notes file, then select **Open**.

You'll see a message in RTC indicating that your notes file has been successfully attached. If you accidentally selected the wrong file, click the **Re-Attach** link, and attach the *correct* file.



8) Go to RTC. Click **Attach Transcript** and select your transcript file.



If you are taking a realtime test (**CRG**, **CCG**), you will have **two** minutes to attach your transcript. You cannot make any edits before attaching your final transcript.

9) Go back to your CAT software. Re-open your CAT file. Highlight only the test portion of your final transcript (no warm-up text, headers, footers, page numbers, etc.), and press CTRL+C to copy your transcript.

#### **CaseCATalyst Users**:

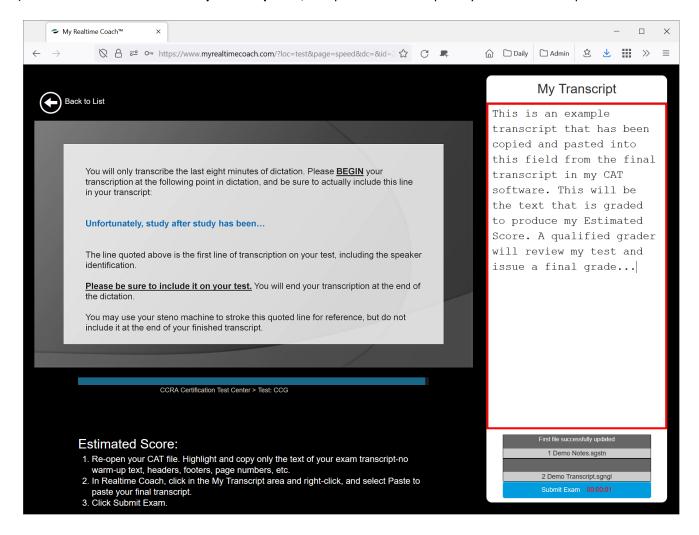
When copying and pasting, unconfirmed **EZ Choice** conflicts will appear in the original conflict form. Once you confirm an **EZ Choice** selected conflict, it will be pasted as normal text. To confirm all the **EZ Choice** selected conflicts at one time, use **Resolve All Chosen Conflicts** from the **Special Edit** menu.

#### StenoCAT® Users:

Before copy/pasting, be sure and:

- Accept conflicts by going to Tools > Accept Conflicts
- Accept fields by going to Tools > Accept Defined Fields

10) Go to RTC. Click in the RTC My Transcript box, and press CTRL+V to paste your final transcript.



#### 11) Click [Submit Exam].

\* If you are unable to upload your files for any reason, email them to <a href="testing@cal-ccra.org">testing@cal-ccra.org</a> during your allotted test time and while still connected to your proctor. CCRA will review your test session to determine if your test is eligible for manual grading.

#### **After the Test**

- 1) Notify the proctor you are done via the chat box.
- 2) Allow proctor to clear your computer clipboard.
- 3) Delete all test files from your writer.
- 4) Delete all test files from your CAT software and computer (including Recycle Bin and any Cloud backup).
- 5) Shred any test documents you printed, including paper notes.
- 6) Receive your certified final score from CCRA by email within three weeks (15 business days) of taking your test.