

ASP SUCCESS BLUEPRINT



DANGER
EJECTION
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DANGER

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VERIZEN
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PREFACE

Becoming an ADF pilot or mission aircrew member isn't just about talent—it's about readiness, resilience, and relentless preparation. Every year, thousands of applicants dream of flying for the Air Force, Navy, or Army. Only a small handful make it. The Aviation Screening Program (ASP) is where that separation happens.

At Verizen Coaching, we've worked with countless candidates who felt overwhelmed by the cognitive demands of ASP—until they were shown the right tools, training techniques, and mental strategies. This e-book is your companion through that preparation journey. It's designed not just to show you what's coming, but to teach you how to train for it—with clarity, confidence, and purpose.

Inside, you'll find a detailed breakdown of every major test in the ASP process, real candidate insights, and practical preparation strategies backed by cognitive science and Defence recruitment data. Whether you're weeks out or just getting started, this guide will help you maximise your effort, minimise surprises, and stay sharp under pressure.

You don't get selected just because you want it badly.

You get selected because you're prepared for what others aren't.

Let's get to work.

– The Verizen Team

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Chapter 1:

1.1 What Is the Aviation Screening Program (ASP)?

The Aviation Screening Program (ASP) is a two-day, computer-based evaluation held at RAAF Base East Sale in Victoria. It represents the secondary selection stage after you attend your YOU Session and Assessment Day.

Only aviation stream candidates proceed to this phase. This assessment is managed by the Aviation Candidate Management Centre (ACMC) and forms a critical part of deciding whether you proceed to the Officer Selection Board (OSB).

1.2 Why the ASP Matters

Selective entry:

Of approximately 5,000 applicants interested in becoming a pilot each year, only around 120 begin Pilot Training—a selection rate of just over 2%.

Targeted Testing

ASP assesses your suitability through a variety of tests measuring cognitive flexibility, memory, spatial and symbolic reasoning, psychomotor coordination, and information processing speed.

Holistic fit:

The process identifies not only your strengths but also how you handle stressful and complex tasks—both critical in aviation roles.



1.3 The ASP in the Recruitment Pathway

Your journey to becoming a pilot or mission aircrew member looks like this:

- 1. YOU Session:**
Complete the Job Opportunities Assessment (JOA) and aptitude testing.
- 2. Assessment Day:**
Includes interviews, written tasks, medical and psychological assessments, and aptitude retesting if needed.
- 3. ASP:**
Computer-based testing over two days at East Sale, VIC.
- 4. Officer Selection Board (OSB):**
Invited based on ASP results
- 5. Enlistment or Appointment:**
Follow-on fitness tests and formal entry into the ADF. ASP sits between initial aptitude and final selection—it's the make-or-break moment where high performers move forward.

1.4 Where and When: Logistics of ASP

Location:

Held at RAAF Base East Sale, Victoria, under the auspices of ACMC.

Duration:

ASP is conducted over two full days, typically with two long cognitive testing sessions, each around four hours in duration.

Schedule Overview:

Expect arrival and admin checks on Day 0, followed by four test blocks across the next two days. You'll also receive briefings and candidate orientation.

On the day:

Accommodation and meals are provided. You'll be in shared rooms and have downtime to socialise or rest between testing blocks—fatigue management is key.



1.5 What the Testing Involves

ASP (also called MACTS or CBAT) comprises multiple cognitive tests, including but not limited to:

Spatial & Instrument Interpretation — reading aircraft instruments (altitude, voltage, fuel, etc.) under time pressure.

Aircraft Orientation Tests — rotating and interpreting plane models through specified angles or positions.

Symbolic & Numerical Reasoning — mental math (without calculators), SDT (speed, distance, time), rounding, sequences, and logic.

Psychomotor Tasks (Pilot-only) — joystick and tracking challenges like Cross + Ball, Tunnel tracking, and Camera Tracking simulations.

Central Information Processing & Multi-tasking — combining memory load with distractions or simultaneous tasks to test cognitive switching and endurance.

1.6 How to Use This E-Book

This guide equips you with:

1. A deep dive into each test type (in chapters to come).
2. Proven strategies and shortcuts for practice and time management.
3. Insider tips from real ASP candidates and RAAF instructors.
4. Verizen support materials and training recommendations tailored to your preparation journey.



Chapter 2:

ASP Timeline & Daily Breakdown

2.1 The ASP Journey – A Two-Day Gauntlet

The Aviation Screening Program isn't just about measuring your cognitive skills—it's about how well you can apply them under pressure, across long days, in unfamiliar environments. The ASP spans two full days at RAAF Base East Sale, but your preparation begins the moment you're invited.

Here's a breakdown of what to expect from arrival to departure:

2.2 Pre-Arrival: Admin, Packing & Logistics

Before you arrive:

- You'll receive an official invitation from the ADF to attend ASP, often with just a few weeks' notice.
- Flights, accommodation, meals, and transfers are arranged and covered by Defence.
- You'll need to pack lightly but smartly—comfortable clothes, ID, toiletries, and your best mental focus.
- Verizen Tip: Bring a physical notebook. Reflection after each testing block helps with retention and pattern recognition.

2.3 Day 0: Arrival & Admin

Arrival & Check-in: You'll fly or bus into Sale, typically the afternoon before testing starts. On arrival at RAAF Base East Sale, you'll be checked in and given a briefing on conduct and accommodation.

- **Living Arrangements:** Most candidates are housed in individual rooms within the trainee's accommodation.
- **Preparation:** Dinner is provided, followed by early lights out—the next two days are mentally intense.
- **The Atmosphere:** Quiet but high-stakes atmosphere. Most people are focused, nervous, or reading over notes after making an error.
- **Networking:** You might meet your "testing cohort"—roughly 6–12 others—at dinner.
- **Facility Orientation:** Candidates will be shown around 1FTS (No. 1 Flying Training School), AMTS (Air Mission Training School), the PC-21 hangars, and the ATC towers to provide a firsthand look at the operational environment.

2.4 Day 1: The Deep End

This is where the real work begins:

06:00 - 07:00	Breakfast and morning briefing
07:00 - 12:00	Testing Block 1 (e.g. Instrument Reading, Spatial Reasoning, SDT)
12:00 - 13:00	Lunch and short break
13:00 - 18:00	Testing Block 2 (e.g. Symbol Matching, Memory Tasks, Tunnel Test)
18:00 - 22:00	Debrief, downtime, and dinner

Verizen Tip:
Bring a water bottle. Staying hydrated during testing makes a real difference to sustained focus.

2.5 Day 2: Multitasking & Endurance

Day 2 leans heavily on multitasking, psychomotor coordination, and cognitive endurance. This is where most candidates feel the fatigue set in.

06:00 - 07:00	Breakfast and morning briefing
07:00 - 12:00	Testing Block 3 (e.g. MACTS exercises, Multitasking 1–2, Symbol Matching)
12:00 - 13:00	Lunch and short break
13:00 - 16:00	Testing Block 4 (e.g. Joystick control, Camera Tracking, Final Memory Test)
16:00 - 18:00	Final briefing, feedback notes, departure

Key Features:

- No individual test scores are released at the end.
- Instructors are observing your focus, attitude, and engagement throughout.

Verizen Tip:
You are being assessed beyond the tests. Keep your body language calm, stay engaged during breaks, and don't give up on a task, even if it feels impossible.

2.6 Recovery & Results

After the ASP:

- You'll travel back the same day (or early the next) and await results from the ACMC.
- If successful, you'll be invited to your Officer Selection Board (OSB) within weeks.
- If unsuccessful, you may be:
 - Recommended for a non-pilot aircrew role (ABM, WSO, MPRO)
 - Given advice for resit or lateral entry in future

Verizen Tip:
Regardless of outcome, your preparation gives you a huge edge. Many successful candidates only pass on their second or third attempt.

2.7 Summary: What Sets High Performers Apart

Consistency:

Stay calm and accurate across both days.

Stamina:

Manage your energy—this is a cognitive marathon.

Adaptability:

Don't get flustered when tasks change or ramp up in difficulty.

Engagement:

You're being observed. Treat this like a job interview that lasts 48 hours.

Chapter 3:

Core Cognitive Domains in Military Aviation Testing

Before you sit a single ASP test, you need to understand what's actually being tested. The ASP is not just about knowledge—it's about how you process, remember, react to, and prioritise information in high-pressure environments.

The ADF breaks these abilities down into core cognitive domains, which form the foundation of every test across both pilot and mission aircrew streams.



3.1 Strategic Task Management

This domain assesses how well you handle complex, high-pressure tasks with multiple moving parts. You'll be expected to:

- Switch between different subtasks quickly
- Prioritise urgent issues over minor ones
- Maintain a high-level awareness of the mission goal, even under stress

Common Test Appearances:

- MACTS multitasking exercises
- Battlefield command scenarios
- GFC multitasking grid

Verizen Tip:

Practice shifting between tasks with conflicting demands (e.g. memory recall + numerical input + coordination). It's not about perfection—it's about poise under pressure.

3.2 Perceptual Processing

This is your ability to take in information from the environment, especially visual and auditory cues, and turn them into useful mental inputs.

What's tested:

- Reading and interpreting aircraft instruments
- Tracking fast-moving objects (like aircraft or targets)
- Noticing subtle changes on screen

Common Test Appearances:

- Instrument Comprehension
- Camera Tracking
- Tunnel Test visual discrimination

Train It:

Flight simulator games, CBAT-style dashboards, and real-time pattern recognition drills.

3.3 Short-Term Memory & Capacity

Can you remember rapidly delivered information while completing other tasks? This domain assesses your mental bandwidth.

You'll be expected to:

- Store and recall numeric sequences
- Memorise aircraft positions, codes, or vector paths
- Combine memory with logic (e.g. which plane turned first?)

Common Test Appearances:

- Memory Grid (GFC)
- Plane Shadowing
- Code Recall in MACTS

Verizen Tip:

Don't over-rely on brute-force memorisation. Instead, develop chunking techniques, visualisation strategies, and mental tagging.

3.4 Spatial Reasoning

This is your ability to visualise, manipulate, and rotate 3D objects in your mind—vital for any aircrew role.

You'll face tasks like:

- Determining aircraft heading and orientation
- Interpreting vector angles and positioning
- Matching rotating planes to instrument displays

Common Test Appearances:

- Attitude Indicator Tests
- Compass Matching
- Angle Estimation
- Spatial Memory Animations

Train It:

Use 3D model apps, paper plane rotation drills, and practice drawing aerial views from different perspectives.

3.5 Symbolic Reasoning

Symbolic reasoning involves working with numbers, logic patterns, and coded information.

This is crucial for:

- Decision-making using rules and symbols
- Mathematical reasoning under time pressure
- Evaluating verbal or coded input accurately

Common Test Appearances:

- Mental Multiplication
- SDT (Speed, Distance, Time)
- Symbol Matching Exercises
- Route Calculation Tasks

Verizen Tip:

Time yourself on progressively harder arithmetic drills and logic puzzles. The goal isn't speed alone—it's accuracy under fatigue.

3.6 Central Information Processing

This is your ability to process multiple types of information at once—switching between long-term and working memory, visual and numeric tasks, and abstract and concrete inputs.

What's tested:

- Switching tasks rapidly without losing focus
- Managing simultaneous audio/visual inputs
- Making fast, correct decisions under cognitive load

Common Test Appearances:

- Multitasking Exercises (MACTS 1–3)
- Coordination under distraction (Tunnel Test with audio)
- Rapid-response GFC scenarios

Train It:

Practice dual-tasking (e.g. arithmetic while listening to a podcast), train reaction time with apps, and work on endurance drills with random interruptions.

3.7 Psychomotor Coordination (Pilot-Only)

For pilot candidates, your physical coordination is tested too. This domain assesses your hand-eye-foot coordination, and how well you can operate joysticks, rudder pedals, and respond physically to visual information.

Common Test Appearances:

- Cross + Ball Alignment
- Tunnel Navigation
- Camera Tracking from Helicopter View

Verizen Tip:

Flight simulator hours are invaluable. If you can't access one, try gaming joysticks or driving simulators that involve both foot and hand input.

3.8 Final Thoughts

The ASP doesn't care how well you perform in isolation. It cares how you perform under fatigue, under pressure, and while switching between competing demands. Understanding these domains gives you a training blueprint—not just for ASP, but for life in the cockpit.

Chapter 4:

The ASP Test Types – What You’ll Face and How to Prepare

By this point, you understand what the Aviation Screening Program (ASP) is assessing. Now it’s time to dig into how they do it. Each ASP test is built to evaluate a different blend of the cognitive domains from Chapter 3.

Some tests are identical to those used by NATO and RAF aircrew selection systems (CBAT/MACTS), while others are unique to ADF training.

We’ve grouped them here by category, with real examples, Verizen preparation tips, and where possible, recommended tools or practice formats.

4.1 Instrument & Orientation Test

These tests assess your ability to interpret aircraft instruments and visualise 3D orientation under pressure.

Attitude Indicator / Compass Test

- See an aircraft from a specific angle - Choose the matching attitude indicator and compass reading.
- Sometimes reversed: See the instrument readings - Match to the correct aircraft view.

CBAT Practice: N/A

Train With: Verizen’s orientation slide packs, aircraft diagram flashcards, pilot sim apps

Instrument Comprehension

- Interpret aircraft dials (altimeter, compass, fuel gauge, voltmeter, etc.).
- Choose the answer that most accurately describes the panel (e.g. “descending and turning left”).

CBAT Practice: Instrument Comprehension – EXACT

Train With: Aircrew dashboards, panel reading worksheets, CBAT-style apps

4.2 Symbolic & Arithmetic Reasoning

These test your numerical reasoning, working memory, and your ability to filter signal from noise.

Mental Multiplication

- Solve rapid-fire multiplication problems under tight time constraints.
- Similar distractors are included (e.g. $32 \times 7 = ?$ with options 224 / 234 / 243 / 214).

CBAT Practice: Arithmetic

Train With: Verizen multiplication drills, timed paper tests, mental maths apps

Speed, Distance, Time (SDT)

- Word problems about aircraft movement, fuel, and efficiency.
- Phase 1: Pure math (e.g. "Plane flies at 400km/h for 2.5 hrs – distance?")
- Phase 2: Route analysis with cost/fuel/weight constraints.

CBAT Practice: Basic SDT & Route/Parcel SDT

Train With: Verizen worksheets, physics-style story problems, no-calculator drills

4.3 Multitasking Exercises (MACTS)

These high-pressure tests assess how well you balance multiple tasks simultaneously.

MACTS 1: RPA Scenario

- Simulate controlling an unmanned aircraft: adjust camera angles, drop logistics packages, fix fuel lines.
- All tasks have time, weight, or pressure limits.

CBAT Practice: Multitasking / Memory

Train With: Verizen RPA sim, task-switching drills, scenario board simulations

MACTS 2: Ground Commander

- Monitor a battlefield grid while identifying enemy units, comparing radar images, and entering coordinates.

CBAT Practice: Multitasking / Memory

Train With: Radar scans, enemy unit recognition flashcards, grid-based reasoning puzzles

MACTS 3: Full Load

Do all of the above PLUS:

- Memorise codes
- Solve math problems
- Track moving coloured balls across the screen and press the right button when they pass through coloured gates

CBAT Practice: Multitasking - EXACT

Train With: Verizen's "multi-layer" practice drills

Verizen Tip:
Don't try to do everything at once. Prioritise accuracy in the central task, and hit the peripheral tasks when possible.

4.4 Memory & Spatial Awareness

These drills assess how well you can observe, remember, and make sense of complex visual information.

Memory Stream (Numerical)

- A stream of numbers appears, e.g. "4729218536"
- You're asked "How many 2s were there?" or "What was the fourth digit?"

CBAT Practice: Memory

Train With: Flashcard apps, number chunking drills, memory games

Plane Shadowing

- Watch planes of different colours perform barrel rolls, turns, and dives.
- After the animation, answer questions like "Which aircraft turned first?" or "Which ended on the bottom left?"

CBAT Practice: Memory / Plane Shadowing

Train With: Verizen GIF-style animation drills, reaction quizzes

Battlefield Animation

- Watch troops, aircraft, and vehicles move on a digital map.
- Use a compass to answer questions like "What direction did the drone go?"

CBAT Practice: Spatial Awareness

Train With: Compass puzzles, top-down map games

GFC Memory Grid

- Observe a 10×10 grid with coloured blocks and symbols.
- Monitor audio comms and answer multi-modal questions at the end.

CBAT Practice: Memory / Spatial Awareness

Train With: Audio-visual grid simulations, radio-cue exercises

4.5 MACTS-Only Tasks

Symbol Pairing

- Match abstract symbols to codes or numbers using a reference key, under time pressure.

Train With: Verizen's symbol sheet pack

Angle Estimation

- Look at vectors on radar screens and estimate the angle between them.

Train With: Geometry drills, visual estimation games

Building Specification

- Read a 10-page construction brief (e.g. blueprints, materials, wiring), then solve objective and applied problems.

Train With: Long-form reading practice + word problem solving

Air Traffic Control (ATC-SIM)

- Use radar to guide aircraft through a map, maintaining safe vertical/horizontal separation and intercepting targets.

Train With: Verizen ATC simulations, basic radar separation rules

4.6 Psychomotor (Pilot-Only)

Cross + Ball Tracking

- Keep a moving ball centred on a cross using joystick (vertical) and rudder (horizontal).
- The axis reverses halfway through the test.

CBAT Practice: Coordination

Train With: Verizen joystick app, motor coordination games

Tunnel Test

- Navigate a tunnel, avoid shapes, listen to instructions, track colours, and answer audio questions—all at once.

CBAT Practice: Coordination / Memory / Multitasking

Train With: Layered simulation training, Verizen distraction-response drills

Camera Tracking

- Simulate a door gunner's view, track and photograph targets using a joystick camera.

CBAT Practice: Coordination

Train With: Target-tracking sim or drone control app



Chapter 5:

The ASP Environment & How to Succeed Under Pressure

The Aviation Screening Program isn't held in a test centre or classroom. It's held on a live Defence base—RAAF Base East Sale, to be exact. That environment matters. From the moment you arrive, you're being assessed not just on what you do, but how you do it.

We've grouped them here by category, with real examples, Verizen preparation tips, and where possible, recommended tools or practice formats.

5.1 Inside RAAF Base East Sale

East Sale is an operational military base. You'll be staying in shared Defence accommodation, eating at the mess hall, and moving through your day under military schedule and supervision.

Expect:

- Shared rooms (often same-gender bunk-style)
- Lights-out and wake-up times
- Daily briefings with Defence staff
- A high-performance but quiet atmosphere

No phones or devices are allowed during testing. All cognitive tests are done on Defence systems in secure rooms under supervision

Verizen Tip:
Treat the whole experience as a job audition, not just the test blocks. Your bearing, attitude, and engagement are all part of your "score."

5.2 Daily Schedule & Fatigue Management

Each testing day consists of two 2.5–3-hour test blocks, one in the morning and one in the afternoon. That's up to 6 hours of intense mental work per day.

Key fatigue factors:

- Long periods of screen focus
- Minimal breaks
- No feedback between tests
- Physical stillness with mental exertion

5.3 The Pressure is Real — But Manageable

Candidates often describe ASP as feeling like a non-stop exam marathon. But what makes it so intense isn't just the content — it's the uncertainty and the stakes.

You don't get:

- Scores
- Feedback
- Confirmation of how you're doing

You just go. And that can shake people—especially high achievers.

Verizen Tip:
The goal isn't to "ace" everything. The goal is to perform steadily, stay calm when others panic, and recover quickly from mistakes.

5.4 How You're Being Assessed Beyond the Tests

Your raw test results are important, but Defence is also watching:

- **How you respond to failure** (Do you give up or keep trying?)
- **How you engage with staff** (Polite, professional, open to instruction?)
- **How you carry yourself** (Tidy, punctual, focused?)
- **How you recover under stress** (Fatigue, pressure, frustration)

This holistic view is vital because aircrew must work in high-pressure team environments. You're not just a score—you're a potential colleague under fire

5.5 Real Talk: What Candidates Wish They Knew

From Reddit threads and Verizen alumni:

"It's not about being the smartest. It's about keeping your head when the tasks get ridiculous."

"MACTS 3 absolutely fried my brain. I thought I failed. Still made it to OSB."

"I prepped everything but underestimated how tired I'd get. Huge mistake."

"Biggest thing? Don't panic when you miss a task. Everyone misses tasks."

5.6 Final Mindset Tips from Verizen Coaches

Control what you can.

You can't control the test design—but you can control your water, sleep, diet, posture, and mindset.

Accept uncertainty.

There's no perfect run. They want adaptable, calm decision-makers—not perfectionists who crumble under pressure.

Shift your self-talk.

When your brain says "I'm failing," respond with "I'm adapting." When it says "I can't do this," try "I've trained for this."

Fake calm if you need to.

Even if you feel rattled, breathe through your nose, sit tall, and act like it's under control. Often, your body will follow.



Chapter 6:

What Happens After ASP – Outcomes, OSBs, and Alternative Pathways

You've completed the Aviation Screening Program—two days of some of the most mentally demanding testing you'll ever face. Now what?

This chapter guides you through what happens after ASP, how results are handled, and what your options are whether you pass, fail, or get recommended for another role.



6.1 When and How You Receive Your ASP Results

Your ASP results don't come immediately. There's no "congratulations" moment at the base.

What To Expect:

- Results are assessed by the Aviation Candidate Management Centre (ACMC)
- You'll be notified within 1–3 weeks by Defence Recruiting
- Results are rarely specific—just an invitation to continue, a recommendation, or a decline

Verizen Tip:

Don't interpret silence as failure. Delays are common due to volume and coordination between ACMC and recruiting staff.

6.2 Outcome 1: Successful Outcome – The Officer Selection Board (OSB)

If you pass the ASP, you will be invited to the final and most critical stage of the selection process: the Officer Selection Board (OSB). While previously conducted on-base, the initial OSB is now primarily an online interview and evaluation, requiring a high degree of digital professionalism and mental agility.

What to Expect in the Virtual OSB

The OSB is designed to test your character, motivation, and leadership potential under the scrutiny of a panel of senior officers. Because the environment is virtual, your ability to project confidence and clarity through a screen is paramount.

Panel Interview: You will face a formal interview where officers assess your understanding of ADF values, your specific role, and your motivation for service.

Impromptu Speeches: A core component of the board is the “short-notice” or impromptu speech. You will be given a topic with minimal preparation time and must deliver a structured, persuasive talk to demonstrate your ability to think on your feet and communicate under pressure.

Group Problem Solving: Even in a virtual setting, you will participate in group activities. The board observes how you interact with other candidates, how you influence the group, and your ability to solve complex scenarios collaboratively.

Oral Planning Exercises: You may be required to digest a complex set of information and present a verbal plan of action, defending your logic against panel questioning.

Key Assessment Areas:

The board isn't just looking for the smartest person; they are looking for potential colleagues who embody the following:

Leadership & Communication: Your ability to lead others and convey complex ideas clearly.

ADF Values: A deep, lived understanding of Service, Courage, Respect, Integrity, and Excellence.

Resilience: Your physical and mental resilience when being questioned on your logic during your presentation.

Verizen Tip:

Prepare your “studio” environment as carefully as your answers—ensure your lighting, background, and audio are professional. To give yourself the best chance of success, reach out to our team via our website to organise a free initial consultation call. We can help you set up dedicated OSB coaching, including mock interviews and leadership scenario walkthroughs.

6.3 Outcome 2: Recommended for Other Aircrew Roles

If you don't pass ASP for pilot, you might still be recommended for:

1. Air Battle Manager (ABM)

The Air Battle Manager (ABM) role is focused on the tactical control of aircraft and airspace. You act as the 'eyes' and 'brain' of an air campaign, working from a ground-based or airborne radar station (like the E-7A Wedgetail).

Key Responsibilities:

Tactical Control:

Directing fighter jets, tankers, and surveillance aircraft in real-time.

Airspace Management:

Monitoring and managing civilian and military air traffic to prevent conflicts.

Information Fusion:

Taking vast amounts of complex radar and intelligence data and turning it into clear, immediate commands.



Relevant ASP Cognitive Domains:

ABMs rely heavily on the same skills you trained for, minus the physical coordination:

Strategic Task Management:

Critical for prioritising multiple, simultaneous aircraft movements and threats.

Central Information Processing:

Essential for managing simultaneous visual and auditory inputs from different systems (radar, radio) and making rapid decisions under cognitive load.

Spatial Reasoning:

Necessary for quickly calculating vectors, intercepts, and safe separation angles on a radar screen.



2. Mission Aircrew (WSO, MPRO)

The Mission Aircrew stream covers essential operator roles that fly on aircraft, often referred to as backseat operator roles. The specific roles include:

Weapon System Officer (WSO):

Primarily found in fast-jet (e.g., Super Hornet) and attack helicopter roles, responsible for navigation, sensor management, and weapon systems deployment.

Maritime Patrol Reconnaissance Officer (MPRO):

Found on aircraft like the P-8A Poseidon, responsible for operating advanced surveillance, anti-submarine warfare (ASW), and intelligence systems.

Key Responsibilities:

Sensor Management:

Operating high-tech cameras, radar, and electronic warfare systems.

Navigation & Mission Planning:

Executing complex, low-level or long-range navigation plans.

Intelligence Gathering:

Analysing and relaying real-time intelligence data to other units.



Relevant ASP Cognitive Domains:

Short-Term Memory & Capacity:

Vital for storing and recalling coordinates, codes, and vectors while managing complex systems.

Perceptual Processing:

Critical for monitoring and interpreting fast-moving targets on sensors (like the Camera Tracking test but in a real operational environment).

Symbolic Reasoning:

Used for complex route calculations, time-on-target delivery, and making decisions based on complex rules and coded information.



3. Air Traffic Control (ATC)

Air Traffic Control (ATC) is a ground-based role focused on ensuring the safe, orderly, and efficient movement of aircraft at and around airbases.

Key Responsibilities:

Sequencing and Clearance:

Granting landing, take-off, and taxiing clearances.

Conflict Resolution:

Using radar to maintain safe vertical and horizontal separation between aircraft.

Emergency Management: Handling aircraft emergencies and coordinating ground responses.



Verizen Tip: Leveraging Your Recommendation

If you receive a recommendation for one of these non-pilot roles, take it seriously.

- It proves you possess the necessary high-level cognitive aptitude for military aviation.
- You will still proceed to an OSB, where you will be assessed on leadership and motivation for that specific role.
- Many successful pilot candidates only pass on their second or third attempt. Entering the ADF in a high-performing aircrew role provides invaluable Defence experience and a stronger foundation should you choose to re-attempt the pilot stream later in your career.

Relevant ASP Cognitive Domains:

Strategic Task Management:

The most crucial skill, as you must constantly switch between managing multiple aircraft on different frequencies and stages of flight.

Symbolic Reasoning:

Used for reading flight strips, calculating fuel reserves, and processing numerical data accurately under immense time pressure.

Central Information Processing:

The ground-based version of the MACTS Full Load test; managing visual inputs (radar) and simultaneous audio inputs (multiple radios).

6.4 Outcome 3: Not Recommended – What Now?

If you're not successful at ASP or aren't recommended for any roles, you still have options:

Option 1: Reapply in 12–24 months

Many candidates re-sit ASP after further training, work experience, or university study. You'll usually need to wait 12 months minimum.

Option 3: Focus on your long game

Some candidates pivot to Air Force Reserves, civilian aviation, or university study while preparing to return with even more life experience.

Option 2: Consider Officer roles outside aviation

If you demonstrated leadership and Defence alignment, you may still be eligible for:

- Army or Navy General Service Officer roles
- Intelligence, logistics, or engineering pathways

Verizen Tip:

Rejection from ASP isn't personal. The program is designed to select based on current ability—not future potential. You can still grow into the candidate they're looking for.

6.5 Common Misconceptions About ASP Results

"If I didn't finish every task, I must've failed."

False.

Many successful candidates miss entire sections. Consistency matters more than completion.

"If I'm not invited to OSB straight away, I didn't make it."

False.

Some offers come weeks later due to admin, cohort scheduling, or role availability.

"Failing ASP means I'll never be a pilot."

False.

Many candidates re-attempt ASP or transition through other Defence roles into aviation.



6.6 Preparing for OSB and Life Beyond ASP

If you've been invited to OSB, the pressure's not off—it's just shifted. Now, they're testing your character, motivation, and leadership potential.

Start preparing by:

- Re-reading your ADF role guides and Defence values
- Practising scenario questions (e.g. "What would you do if...?")
- Joining a Verizen OSB coaching session

If you didn't pass, take your time to:

- Actively seek further leadership and communication opportunities
- Enhance understanding of defence values and the roles you are pursuing
- Improve group problem solving
- Build upon your physical and mental resilience

Verizen Coaching can assist you with:

- Reflect constructively (What went well? What did you learn?)
- Contact your case manager and ask for general feedback
- Make a long-term plan—many pilots take multiple years to get in



Chapter 7:

Your ASP Preparation Toolkit – Training Plans, Tools & How to Use Them

Passing ASP isn't about cramming. It's about building mental endurance, cognitive control, and task-switching fluency—skills that develop over weeks of structured training, not a few days of panic prep.

This chapter gives you a Verizon-backed framework for preparation: what to do, when, and how to track your growth across all major domains.



7.1 The Three Pillars of ASP Prep

Every Verizen prep plan focuses on three areas:

Cognitive Mastery	Endurance & Focus	Psychological Readiness
Build fluency in memory, reasoning, and multitasking using test-style drills.	Train for sustained performance. Most candidates underperform in the second hour of testing—not the first.	Learn to manage stress, reset quickly after errors, and avoid burnout mid-task.

7.2 Verizen’s 4-Week Training Plan

Here’s our recommended 4-week plan. You can stretch this over 6–8 weeks for lighter pacing.

Week	Primary Focus	Sample Tasks
Week 1	Orientation + Symbolic Reasoning	Instrument panels, Attitude tests, Multiplication drills
Week 2	Multitasking + Basic Memory	MACTS 1–2, memory grids, plane shadowing, SDT basic
Week 3	Advanced Memory + Psychomotor	GFC scenarios, Tunnel Test, Joystick training, SDT route problems
Week 4	Full-Length Simulation & Recovery Training	MACTS 3 practice, ATC-SIM, full 2-hour mock test, mindset reset drills

Daily Goal: 40-60 minutes of focused practice
Weekly Goal: 2 full-length simulated test blocks

Verizen Tip:
Treat ASP prep like a sport. Recovery, hydration, and diet all matter.

7.3 The Verizen Practice Toolkit

You don't need fancy equipment—but you do need consistency and variety.

For Cognitive Training

- CBAT-style apps (like “Military Aptitude” or “Pilot Aptitude Practice Test”)
- Flashcards for aircraft instruments, SDT formulas, and angle rules
- Number memory apps (e.g. Memorado, CogniFit)

For Time & Pressure Training

- Stopwatch or Pomodoro timer
- 25-min high-focus / 5-min rest cycles
- Use Google Forms or PDFs under time limits

For Psychomotor & Multitasking

- Flight simulator joystick kits (budget options available)
- Apps like X-Plane Mobile, SimpleRockets, or drone control sims

7.4 Tracking Your Progress

Set up a simple spreadsheet with:

Date Test Practiced Score (%)	Test Taken	Notes (Confidence, Fatigue, Focus)

Why this matters:

- You'll notice patterns (e.g. “I always drop off after 20 minutes” → train stamina)
- You'll build proof of growth for motivation
- You can adjust prep intensity week by week

7.5 Dealing with Plateaus & Frustration

If your scores stagnate or drop—don't panic. That's part of the learning curve.

- **Use spaced repetition** – revisit older drills regularly
- **Switch up test types** – rotate between symbolic, visual, and memory-based tasks
- **Train recovery** – practice refocusing after making an error

Verizen Tip:

Mistakes aren't failures—they're data. If you analyse what's breaking down, you can fix it before ASP.

7.6 Mindset Training: Your Hidden Advantage

Most candidates underprepare mentally. That's where Verizen students win. Try these once per week:

- 10-minute mindfulness or box breathing before testing
- Verbalise your thoughts aloud while solving (builds clarity)
- Reflect in a prep journal: What did I struggle with? What helped me push through?after making an error

Mental reset script:

"I'm not here to be perfect. I'm here to stay focused, adapt fast, and stay calm when it counts."



7.7 Final Prep Week Checklist

Before ASP:

Full sleep routine locked in

Travel/ID/logistics confirmed

Nutrition & hydration strategy planned

One full 2-hour simulation complete

No last-minute cramming

Mental reset plan rehearsed

Confidence primed: "I've trained. I'm ready."



Chapter 8:

The Verizen ASP Success Blueprint – Final Advice and Motivation

You've studied the format.

You've trained the skills.

You've prepared your mindset.

Now it's time to walk into the Aviation Screening Program with calm focus and tactical confidence.

This final chapter is your Verizen blueprint for showing up sharp, performing consistently, and walking out proud—regardless of outcome.

8.1 The 7 Habits of ASP-Ready Candidates

1. They know the test types

No surprises. No confusion. Each test is familiar because they've seen and trained it already.

2. They've trained under pressure

They know what it feels like to do three tasks at once with time ticking down—and they don't panic when it happens again.

3. They bounce back from errors

Instead of freezing when they make a mistake, they breathe, reset, and keep going.

4. They manage their energy

They sleep. They hydrate. They eat smart. They don't cram the night before or drink energy drinks that spike and crash.

5. They stay focused on the next task

Not the last one. Not what someone else is doing. Just the screen in front of them.

6. They stay respectful and professional

Even outside the test room—because they know the Defence team is watching more than just their results.

7. They visualise success

They've mentally rehearsed showing up calm, solving the problems, and walking out with quiet confidence.

8.2 Final Tips from Verizen Coaches

Before the test:

- Sleep well for at least 3 nights in a row
- Pack your bag and ID early
- Stop training the day before—just visualise, walk, or rest

During ASP:

- Don't aim for 100%. Aim for calm consistency.
- If a task seems impossible, just do your best and keep moving
- You're not the only one who finds it hard. That's the point.
- No one passes every test. The system is designed that way.

After ASP:

- Do something to reward yourself—whether you pass or not
- Write down how it felt while it's still fresh (for future applications)
- Don't spiral waiting for results. Focus on what you can control next.

8.3 Our Favourite Candidate Reminders

“It's not about getting it all right. It's about staying right when it all goes wrong.”

“The instructors aren't looking for perfection. They're looking for potential.”

“You've already proven you're serious by getting here. Now prove you can stay focused under fire.”

8.4 A Message from the Verizen Team

You're not just another number.

You're not just prepping for a test.

You're preparing to become someone who leads under pressure, solves problems in the air, and helps shape the future of Australian defence.

Every hour of training you've put in is an act of commitment.

Every time you've pushed through fatigue, you've shown resilience. Every test you've practised, every mistake you've learned from—it all counts now.

Walk in proud. Perform steady. Walk out with no regrets.

We believe in you.

Fly smart.

Fly steady.

Fly Verizen.

– The Verizen Team