Crack the NZ Police Psychometric Test

Your complete guide to verbal, numerical and abstract reasoning, with real examples, strategies and timing tips.

60 questions
in 30 minutes

3 question types
fully explained

Free guide
no strings

What's inside

SECTION 01

How the test works

Know what you are walking into before you sit down

The NZ Police Psychometric Test is a 60-question, multiple-choice assessment completed online. You have exactly 30 minutes, which works out to 30 seconds per question. Questions appear in a random, mixed order, so you will be switching between all three types throughout the test. Knowing the format before you sit down is a real advantage.

60	30 min	30
Total questions	Time allowed	Seconds per question

The three question types

Verbal reasoning	Tests your understanding of words and the relationships between them. Includes analogies, odd-word-out, word sequences and logic problems.
Numerical reasoning	Tests basic maths without a calculator. Covers number sequences, ratios, speed, distance and time, and general arithmetic.
Abstract reasoning	Tests visual pattern recognition using shapes. You will encounter rotating shapes, reflections, position swaps and analogue clock sequences.

TIP Questions appear in a random, mixed order throughout the test. Stay flexible and be ready to switch mental gears at any moment.

Important: failing means waiting 6 months

The NZ Police requires a mandatory 6-month stand-down period between attempts. This guide exists to help you pass on your first try.

SECTION 02

Verbal Reasoning

Words, relationships and logic

Verbal reasoning questions test how well you understand the meaning of words and the relationships between them. You do not need an extensive vocabulary. What you need is a clear strategy. There are four question types.

Type 1: Analogy

You are given a pair of related words and asked to find another word that shares the same relationship. The most common relationship is opposites, but also watch for cause and effect, part and whole, and category and member.

ANALOGY

Illicit is to Legal as Certain is to ___?

A. Illegal
B. Criminal
C. Stable
D. Unsure ✓
E. Undisturbed

Explanation

Illicit means forbidden by law, which is the opposite of legal. So we need the opposite of certain. Unsure is the correct answer. Unstable might feel tempting, but it refers to steadiness, not confidence.

TIP Define both words in the original pair first. Name the relationship clearly. Then apply that same relationship to find the answer.

Type 2: Odd word out

A list of words share a common category or theme. Your job is to find the one that does not belong. Identify the shared theme before examining individual words.

ODD WORD OUT

Which word is the odd one out?

A. Symphony
B. Concerto
C. Sonata
D. Rhapsody
E. Palette ✓
F. Overture

Explanation

Symphony, Concerto, Sonata, Rhapsody and Overture are all musical compositions. Palette is a tool used in painting and belongs to a completely different category.

TIP Name the shared category of the majority first. Then check every word against it. The odd one out is usually obvious once you have named the category.

Type 3: Word sequence

A series of words follow a pattern or shared relationship. Your job is to work out the rule and choose the word that comes next.

WORD SEQUENCE

Which word comes next in the sequence? Asteroid, Meteorite, Comet, Satellite, ___?

A. Planets
B. Earth
C. Moons
D. Mercury
E. Planet ✓

Explanation

All four words are generic objects found in space. Earth and Mercury are specific planet names, so they are ruled out. Planets and Moons are plural, so they do not fit. Planet is the only generic, singular term that completes the sequence.

TIP Watch for singular versus plural, and specific names versus generic terms. The test regularly uses these subtle distinctions to create traps.

Type 4: Logic reasoning

You are given a set of statements and asked to identify which conclusion must be true. Writing a quick ranking or order on your paper takes five seconds and prevents careless errors.

LOGIC REASONING

School A won more medals than School B, but fewer than School C. School D won exactly half the medals of School B. School E was the only school not to win any medals. Which statement is most likely true?

A. School D won at least 1 medal. ✓
B. School A and School D won the same number.
C. School C won a total of 10 medals.
D. School B won more medals than School A.
E. School D won no medals.

Explanation

The ranking from most to fewest is: C, A, B, D, E. Since School E was the only school that won no medals, School D must have won at least one. Option A is correct.

TIP Write a quick ranking before you look at the answer choices. This takes under 20 seconds and usually makes the correct answer obvious.

SECTION 03

Numerical Reasoning

No calculator needed

The maths on this test is straightforward. You are not doing complex calculations. You are spotting patterns, working with basic ratios and applying simple formulas. No calculator is allowed, but pen and paper is fine and strongly recommended.

Type 1: Number sequences

Find the rule between the numbers and apply it. The rule is almost always consistent throughout the sequence: add, subtract, multiply or divide by the same amount each time.

NUMBER SEQUENCE

Which number comes next? 50, 43, 36, 29, ___?

A. 23
B. 22 ✓
C. 21
D. 20
E. 19
F. 18

Explanation

The difference between each number is 7. 50 minus 43 equals 7. 43 minus 36 equals 7. 36 minus 29 equals 7. Applying the same rule: 29 minus 7 equals 22.

TIP Write out the differences between each pair of numbers first. The pattern almost always becomes clear immediately.

Type 2: Ratio and algebra

These questions look harder than they are. Assign a letter to the unknown value, write a simple equation and solve it step by step.

RATIO AND ALGEBRA

You and your sibling cover a total of 120 km. You travel twice as far as your sibling. How far does your sibling travel?

A. 20 km
B. 30 km
C. 40 km ✓
D. 50 km
E. 60 km

Explanation

Let the sibling's distance equal X. Your distance equals 2X. Together: X plus 2X equals 3X, and 3X equals 120. Dividing both sides by 3 gives X equals 40 km.

TIP Always assign the smaller or unknown quantity to X. You will avoid fractions and the equation stays simple.

Type 3: Speed, distance and time

One formula covers all questions of this type: Speed equals Distance divided by Time. Write it at the top of your paper before the test starts.

SPEED, DISTANCE AND TIME

A group drives 50 km in 1 hour, then hikes 30 km in 3 hours. What is their average speed for the entire trip?

A. 10 km/h
B. 15 km/h
C. 16 km/h
D. 20 km/h ✓
E. 25 km/h

Explanation

Total distance equals 50 plus 30, which is 80 km. Total time equals 1 plus 3, which is 4 hours. Average speed equals 80 divided by 4, which is 20 km/h.

TIP Average speed is calculated using total distance and total time, not the average of the individual speeds. This is the most common trap in these questions.

Type 4: Arithmetic

These questions involve percentages, fractions and basic operations. Work through them one step at a time and write each result down.

ARITHMETIC

What number is one-third of one-quarter of one-fifth of 900?

A. 5
B. 10
C. 15 ✓
D. 20
E. 25
F. 30

Explanation

Work through one step at a time. One-fifth of 900 equals 180. One-quarter of 180 equals 45. One-third of 45 equals 15.

TIP With chained fractions, never try to combine the steps in your head. Work through each one separately and write down the result before moving on.

SECTION 04

Abstract Reasoning

Patterns, shapes and clocks

Abstract reasoning is the section that surprises most candidates. You are not being tested on knowledge or memory. You are being tested on your ability to spot visual patterns quickly. There are only a handful of pattern types, and once you know them, you will recognise them instantly.

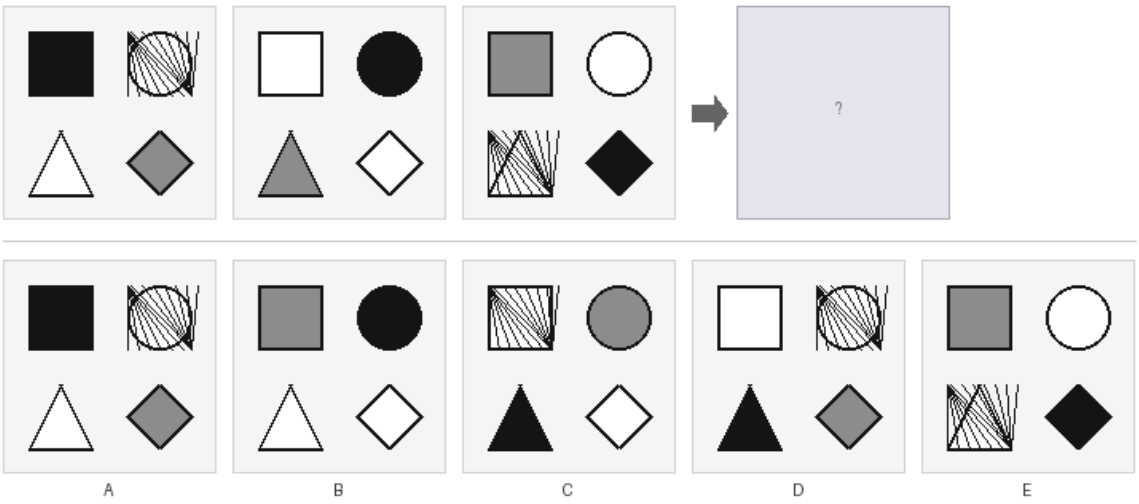
Rotation	Shapes rotate clockwise or anti-clockwise between each figure, often by 45, 90 or 180 degrees.
Reflection and mirroring	A shape is mirrored horizontally or vertically from one figure to the next.
Position swapping	Two shapes swap positions within the grid, for example top-left swaps with bottom-right.
Colour cycling	Colours rotate clockwise through fixed positions while the shapes themselves stay in place.
Analogue clocks	The hour hand and the minute hand each move by a fixed amount per step. Track them separately.

A three-step method for any abstract question

Step 1	**Look at the shapes** What shapes are present? How many are there? Do they change between figures or stay the same?
Step 2	**Look at the colours** Are colours rotating, alternating or cycling? Is one colour always dominant or always in the same position?
Step 3	**Look at positions** Are shapes moving, swapping or rotating? Which elements stay fixed and which ones change?

Worked example: colour rotation

Look at the three figures in the sequence below. The four shapes stay fixed in their positions throughout. The fills rotate clockwise one step at a time. Which of the five options correctly completes the sequence?



Answer: C

In each step, the four fills rotate clockwise through the positions: top-left, top-right, bottom-right, bottom-left. After three steps the black square moves to the top-right, the hatched circle moves to the bottom-right, the grey triangle moves to the top-left, and the white diamond moves to the bottom-left. Only option C matches this pattern exactly.

TIP For analogue clock questions, track the hour hand and the minute hand separately. Each one moves by a fixed amount every step. Write it down before selecting your answer, for example: hour plus 1, minute plus 10. Then verify that pattern against every figure.

SECTION 05

Time Management

30 seconds per question

The test is designed so that most candidates cannot comfortably finish all 60 questions within the time limit. This is not a problem if you have a clear strategy and stick to it.

* **Never spend more than 35 seconds on a single question**
  If you are stuck, make your best guess and move on immediately. Unanswered questions score zero. Incorrect answers also score zero. A guess always gives you a chance.

* **Reset between question types**
  When you switch from verbal to numerical to abstract, take one breath and shift your focus. This small habit helps you avoid carrying mental momentum from the previous question.

* **Note the question number if you skip one**
  Write it on your paper. If time allows at the end, return to it. Do not bank on having spare time though. The test is tight by design.

* **Know your weakest section before test day**
  Spend the most preparation time on your weakest area. All three sections contribute to your overall score, so do not neglect any of them.

* **Check your pace at the 10-minute mark**
  At 10 minutes you should have answered at least 18 to 20 questions. If you are behind, increase your pace immediately rather than waiting until the final minutes.

On test day

Have a pen and blank paper ready before you start. Both are allowed and strongly recommended, especially for numerical questions. Working through steps on paper is faster and more reliable than doing everything in your head.

SECTION 06

Your 7-Day Prep Plan

A simple, realistic week before your test

You do not need months to prepare. One focused week, done consistently, is enough to walk into the test feeling confident and ready.

Day 1	**Diagnose**	Take a practice test without preparing first. This shows you exactly where you are starting from.
Day 2	**Verbal focus**	Review all four verbal question types. Spend extra time on analogies and logic reasoning, as these require the most deliberate thinking.
Day 3	**Numerical focus**	Write the speed formula at the top of a blank page. Work through 15 numerical questions using pen and paper throughout.
Day 4	**Abstract focus**	Learn the five pattern types. Complete 20 abstract questions and review every answer, including the ones you got right, to confirm your reasoning was sound.
Day 5	**Mixed practice**	Complete a full, timed 60-question practice session. Set a timer. Treat it exactly as you would the real test.
Day 6	**Target weaknesses**	Review every question you got wrong on Day 5. Understand why each answer was incorrect. Then complete 10 additional questions in your weakest area.
Day 7	**Rest and prepare**	No intensive practice today. Re-read your notes briefly. Prepare your space: pen, paper, a quiet room and a stable internet connection.

TIP Spread your practice across multiple days rather than cramming it all into one session. The brain retains patterns far more effectively when there is sleep in between sessions.

Ready to practise the real thing?

Try our full 60-question timed simulation, built to match the exact format, difficulty and timing of the NZ Police Psychometric Test.

passthetest.co.nz

Good luck. You have already done something most candidates skip: you prepared. That matters more than you think. Walk in confident, pace yourself and trust your practice.
