



# **Test flow: improve yourself with mental training**

**Ard Kramer**

# Introduction



EMNA AYADI & ARD KRAMER

#21STSKILLS4TESTERS



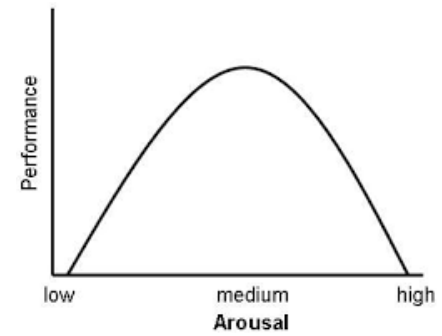
**risk**storming

 **AGILE**  
TESTING DAYS

Nov. 15 – 18, 2021 • Potsdam, Germany



# Mental capabilities

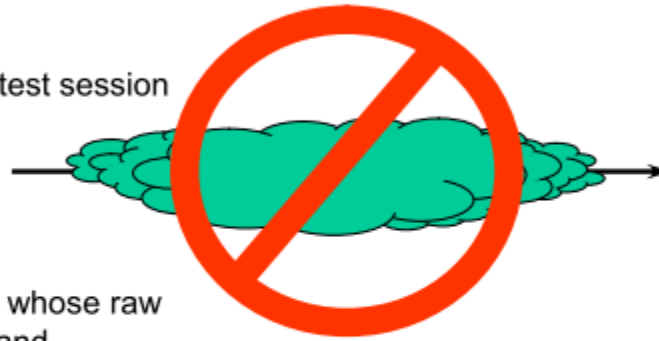


# Session based Testmanagement

## Exploratory Testing IS Accountable Session-Based Test Management



- Charter
  - A clear, concise mission for a test session
- Time Box
  - 90-minutes (+/- 45)
- Reviewable Results
  - a session sheet—a test report whose raw data can be scanned, parsed and compiled by a tool
- Debriefing
  - a conversation between tester and manager or test lead



**VS.**



For more info, see <http://www.satisfice.com/sbtm>



# Mental capabilities: concentration







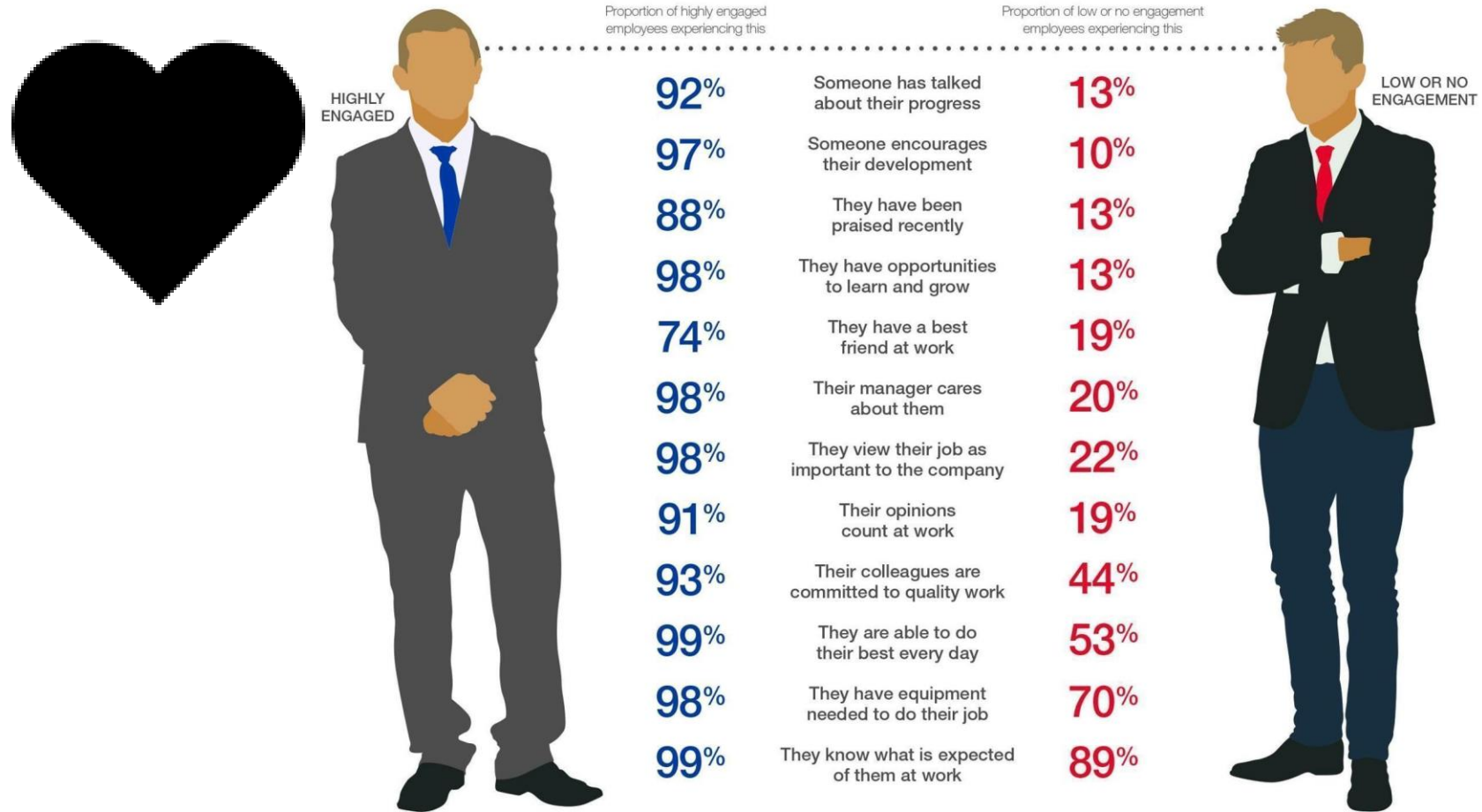
# Mental capabilities: confidence



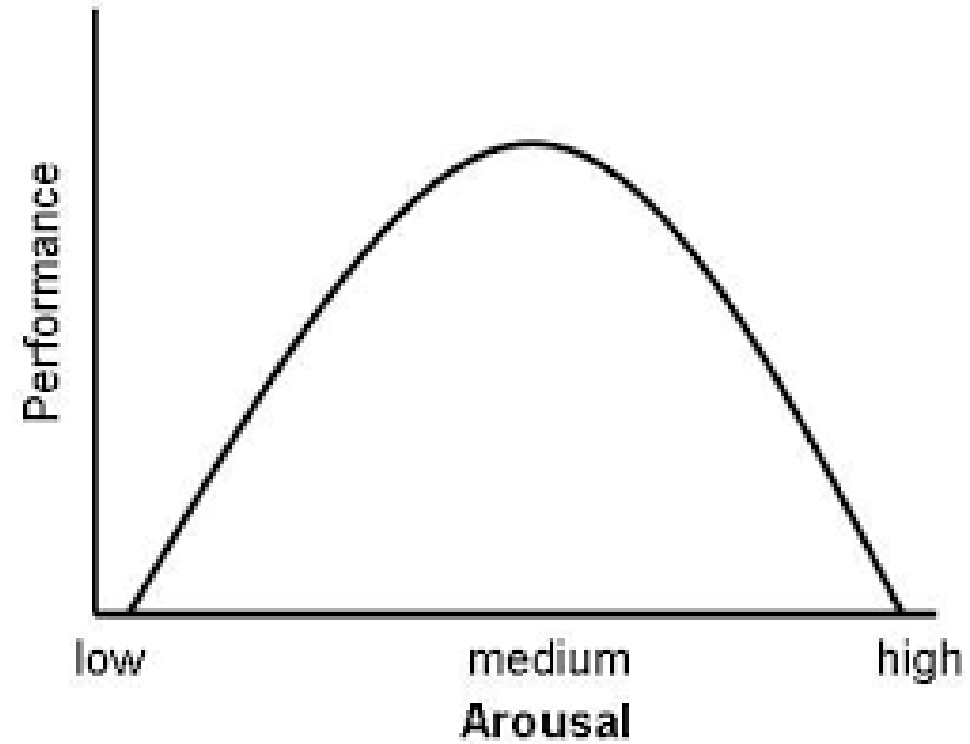


# Mental capabilities: motivation

## WHAT MAKES AN EMPLOYEE HIGHLY ENGAGED?

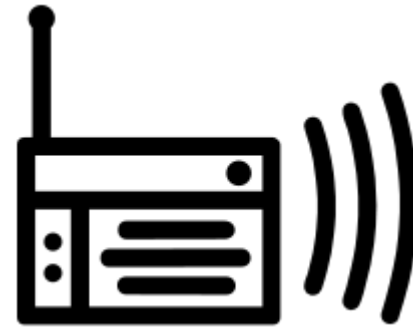


# Mental capabilities: arousal

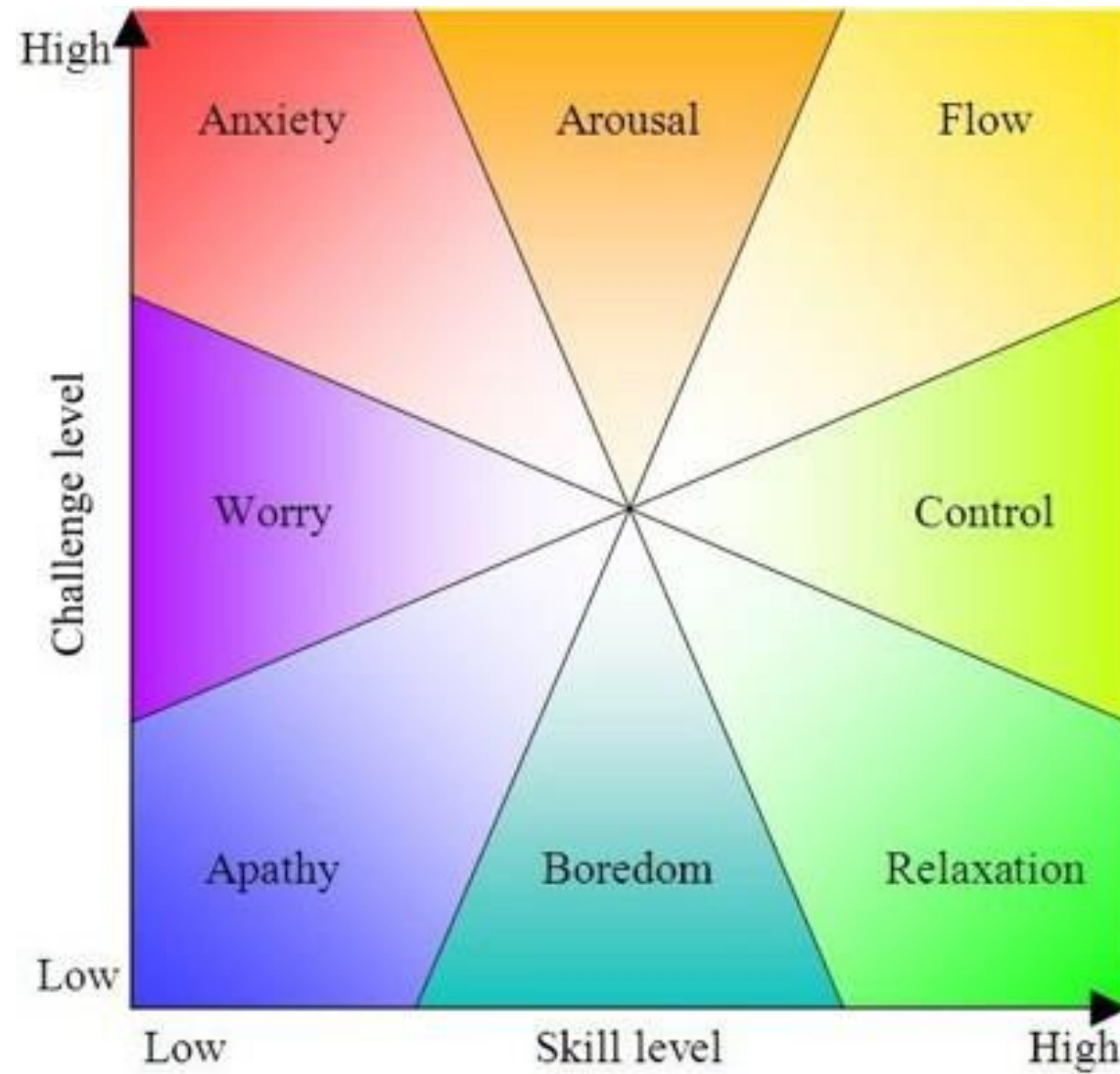




# Mental abilities



# The Flow



## Good preparation

### CHARTER

Actor	The intended user of the system
Purpose	The theme of the charter including what particular objective the actor wants to achieve, i.e., the test conditions
Setup	What needs to be in place in order to start the test execution
Priority	Relative importance of this charter, based on the priority of the associated user story or the risk level
Reference(s)	Specifications (e.g., user story), risks, or other information sources
Data	Whatever data is needed to carry out the charter

# Mental abilities: goal setting

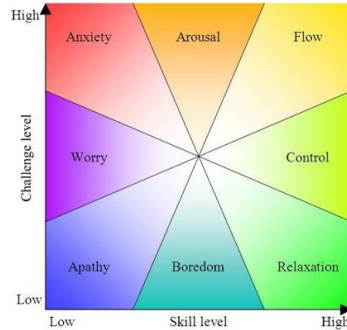






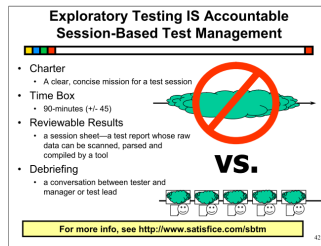
**'YOU GOT BIG GOALS!?'**

# How to reach the testflow in your session?



Goal setting

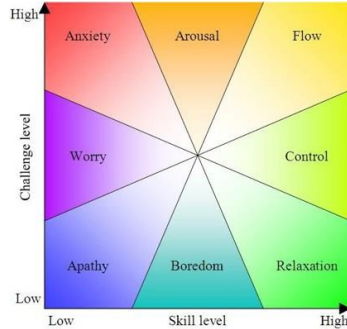
What are goals for a test session?



# Mental abilities: self talk

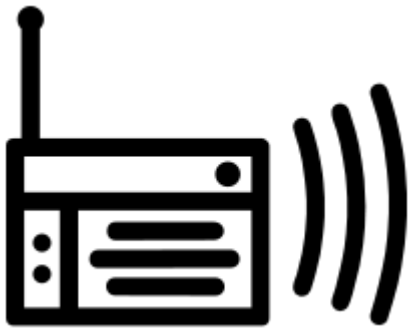
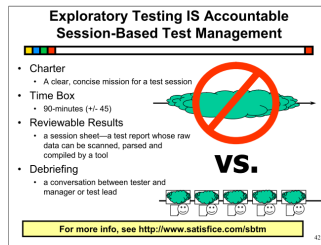


# How to reach the testflow in your session?



Cues and self talk

What are good cues to get a good state and good results

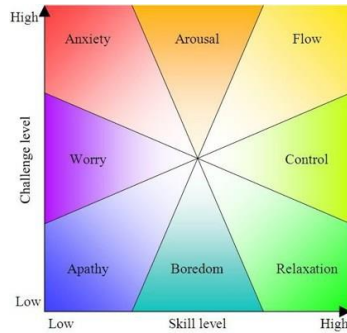


# Mental abilities: visualization



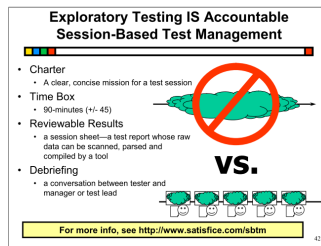


# How to reach the testflow in your session?



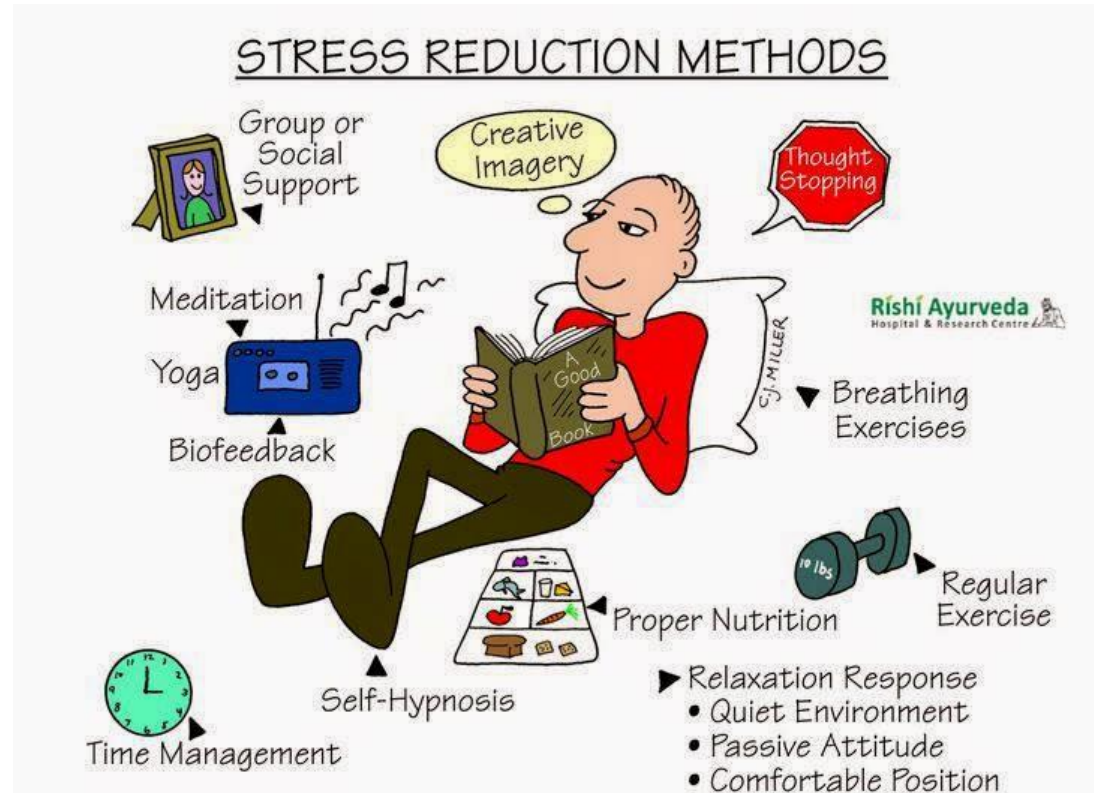
Visualization

How can you use visualization in a session

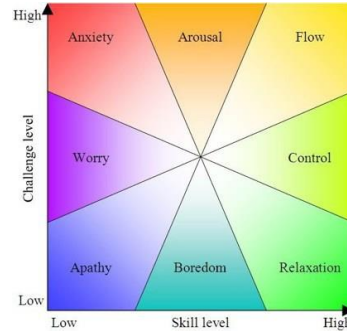




# Mental abilities: stress control

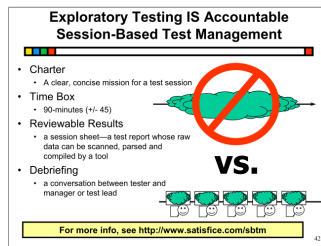


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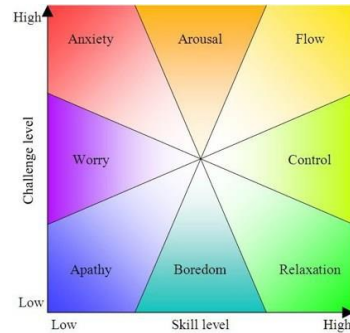


Stress control

What is stress control during your test session?



# How to reach the testflow in your session?



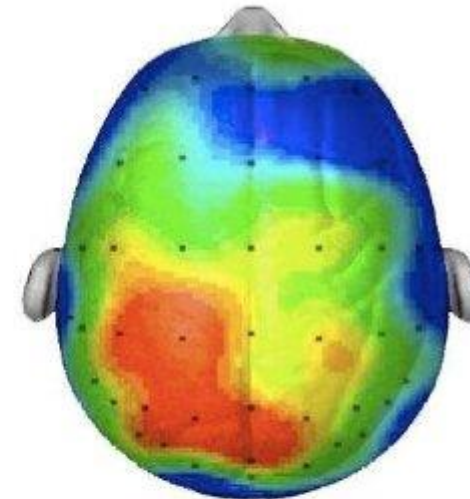
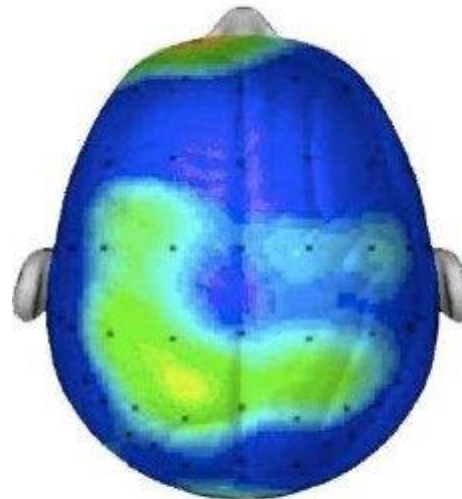
Stress control

**Exploratory Testing IS Accountable  
Session-Based Test Management**

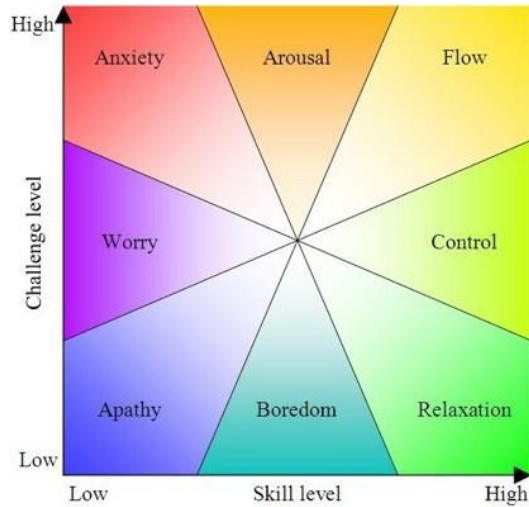
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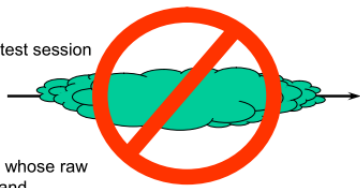


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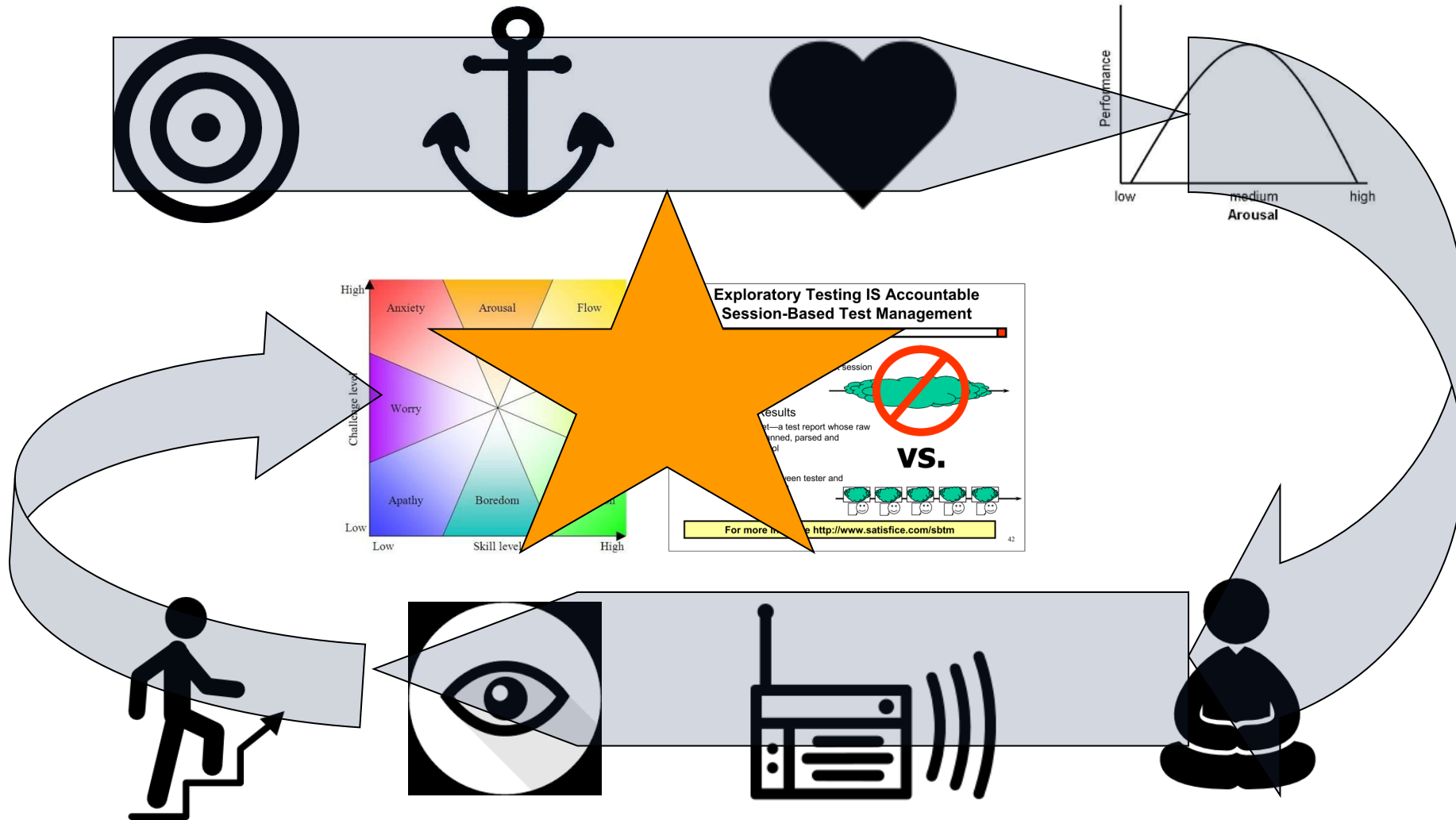


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# Wrap up and conclusion





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