1) I started thinking about the idea of using a noise node and create the effect procedurally on Shader Graph. I used the image created as an input to normal, metallic and smoothness of the shader to give reflection and volume to the water droplets. The time node was used to give movement and the tilling and offset node to distort the noise image generated.
2) I then realized that the PDF requesting the test mentioned the VFX graph, something I didn't know until now. I had to do a little research to understand the tool and then I used particles and trails to simulate the droplets sliding on a surface. I used an orthographic camera to capture the action and render to a custom render texture. Then I used that render texture as inputs for normal, roughness and smoothness of a new shader.
3) I figured out I could mix both approaches to get a new shader, so I did it and then I got the most convincing effect of the three versions.
4) For further actions, I think I could improve the control of the dry to wet effect, improve the controls to increase water flow and create a better texture for the water droplets. Other improvements could be a top surface rain effect and improvements to the shader to better work on moving objects.