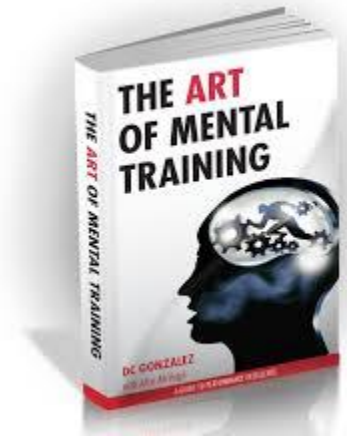




Test flow: improve yourself with mental training



Ard Kramer

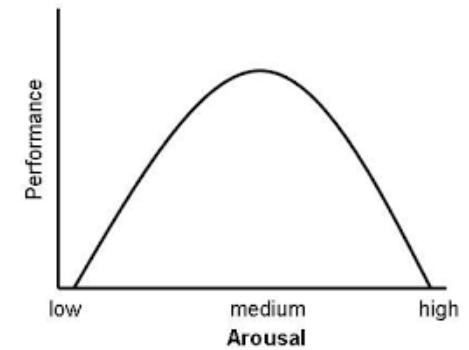
@ard_kramer



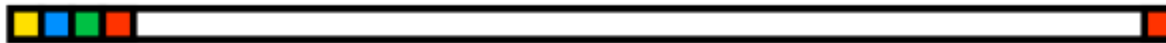
Introduction



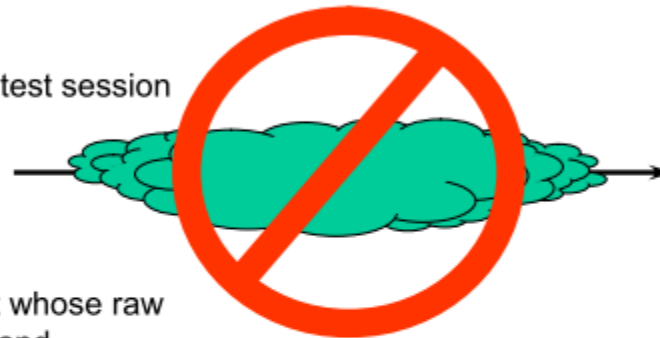
Mental capabilities



Exploratory Testing IS Accountable Session-Based Test Management



- Charter
 - A clear, concise mission for a test session
- Time Box
 - 90-minutes (+/- 45)
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 - a session sheet—a test report whose raw data can be scanned, parsed and compiled by a tool
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VS.




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



Mental capabilities: concentration



A video still showing Rafael Nadal from behind as he walks on a red clay tennis court. He is wearing a white t-shirt, dark shorts, a yellow headband, and a large grey backpack. The court's white lines are visible on the reddish-brown surface.

TopSports [REC]

LOS RITUALES DE NADAL

Siempre entra con la raqueta en la mano

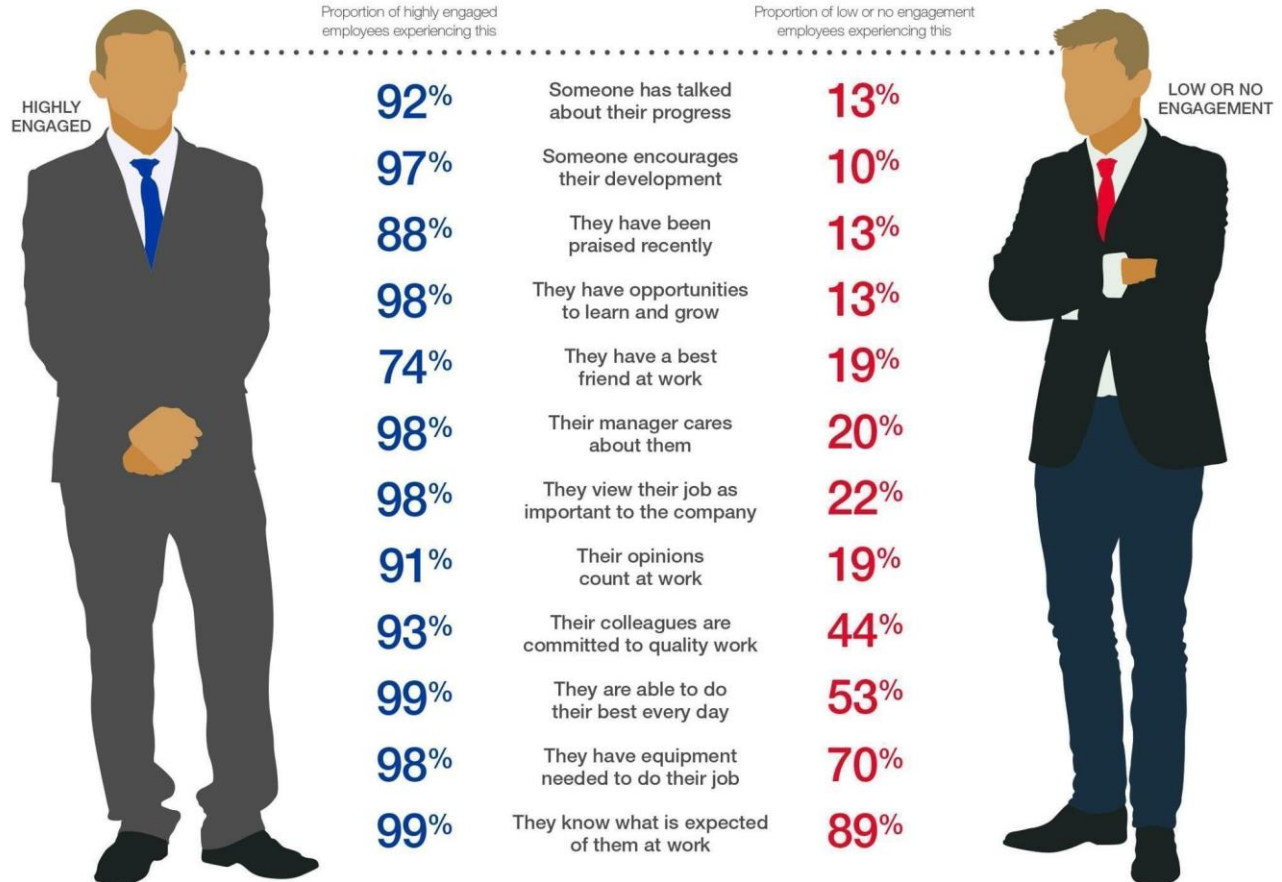
Mental capabilities: confidence



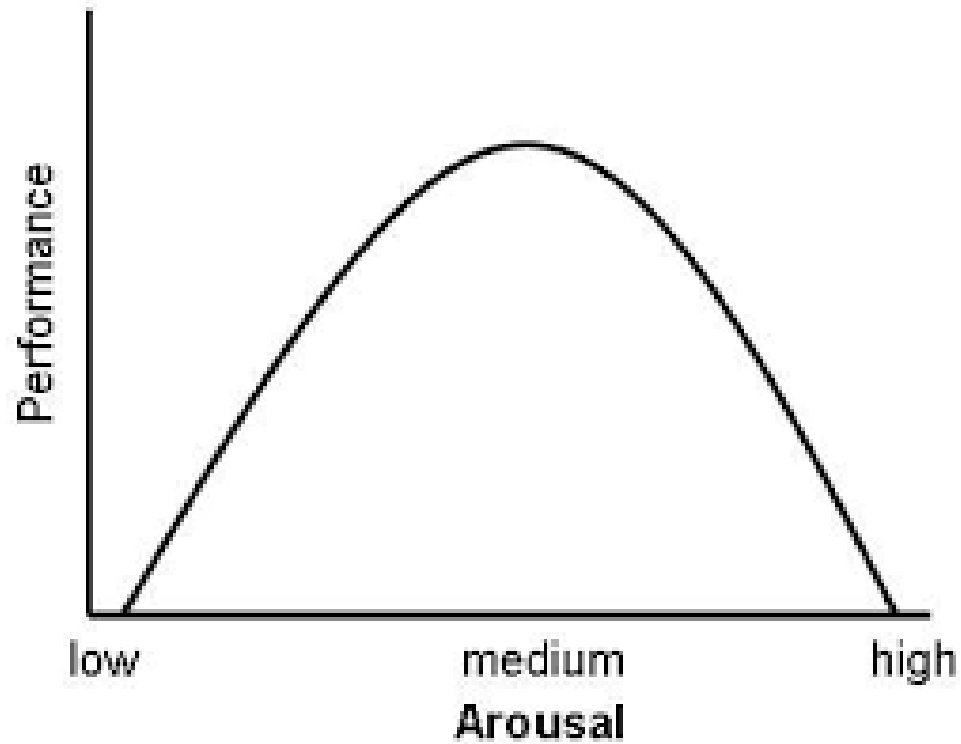
Mental capabilities: motivation



WHAT MAKES AN EMPLOYEE HIGHLY ENGAGED?



Mental capabilities: arousal

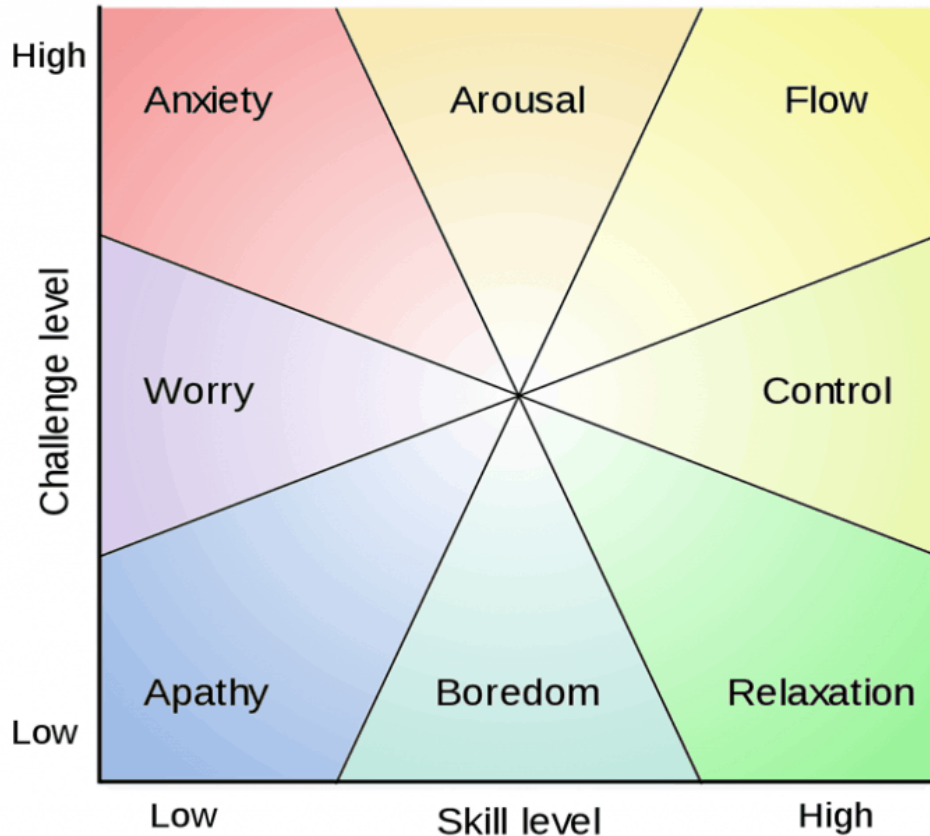




The Flow



Csikszentmihályi's Flow



- Involved
- Ecstasy
- Inner clarity
- Doable activity
- Sense of serenity
- Timelessness
- Intrinsic motivation



© Andrzej Marczewski 2012

Mental abilities



CHARTER

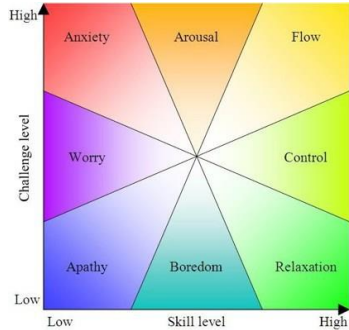
Actor	The intended user of the system
Purpose	The theme of the charter including what particular objective the actor wants to achieve, i.e., the test conditions
Setup	What needs to be in place in order to start the test execution
Priority	Relative importance of this charter, based on the priority of 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



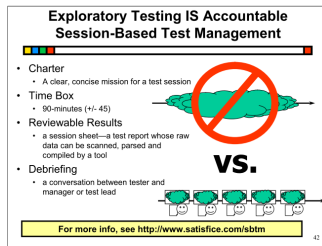
'YOU GOT BIG GOALS!?'

How to reach the testflow in your session?

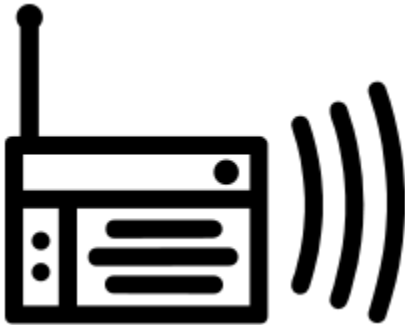


Goal setting

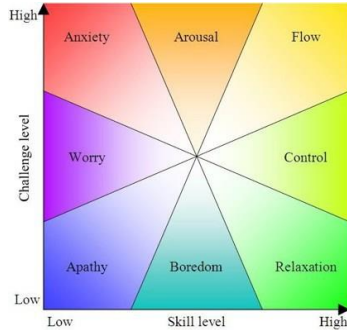
What are goals for a test session?



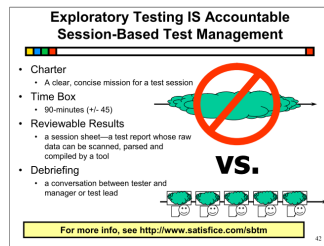
Mental abilities: self talk



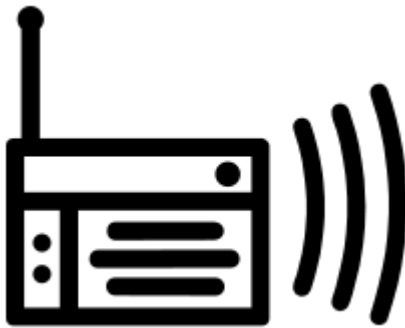
How to reach the testflow in your session?



Cues and self talk



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



Mental abilities: visualization





LIBRES 2 1:40.029

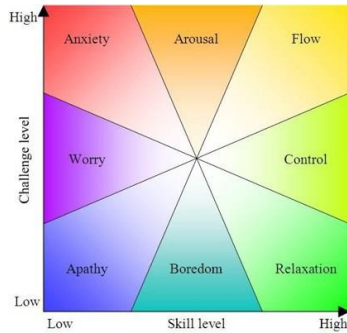
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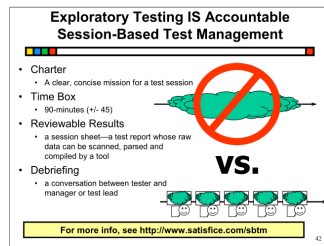
1:39.749 LIBRES 2

0:00 000

How to reach the testflow in your session?



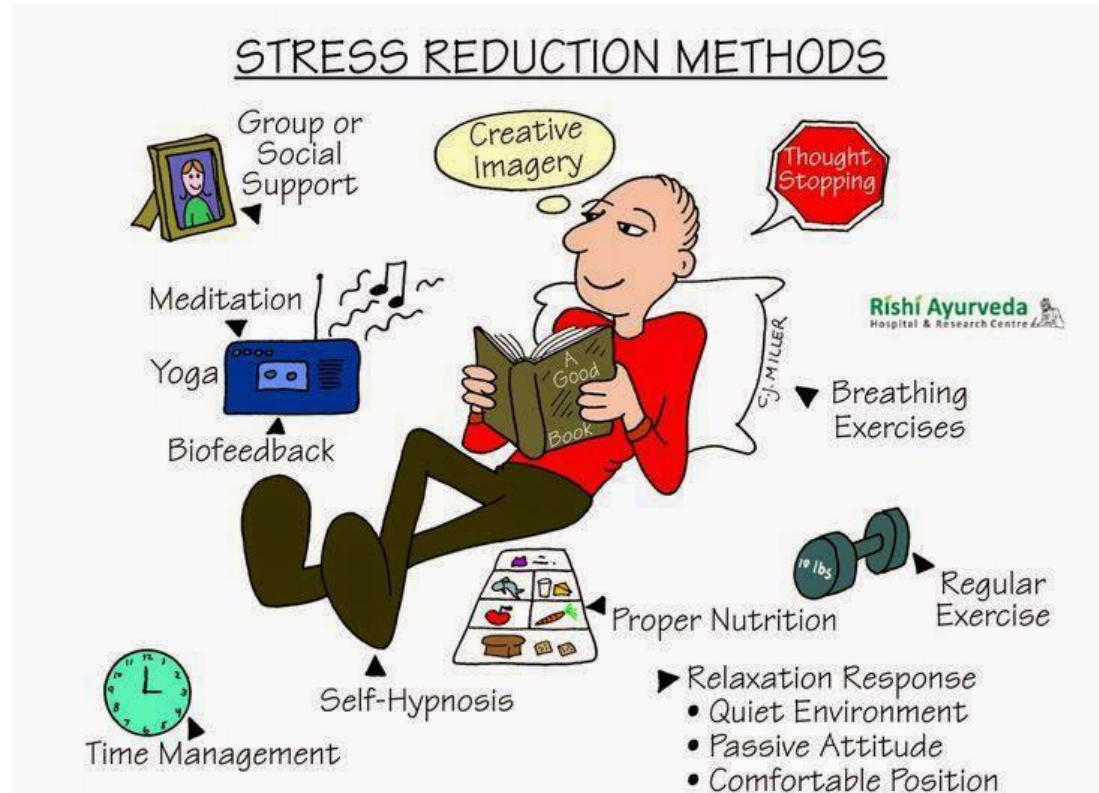
Visualization



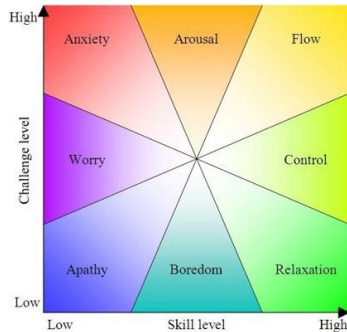
How can you use visualization in a session



Mental abilities: stress control

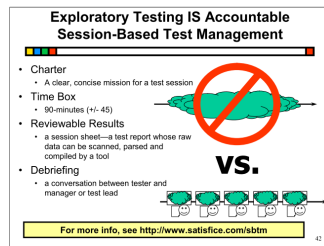


How to reach the testflow in your session?

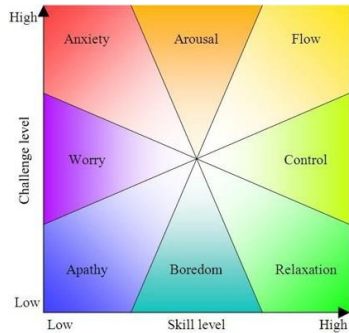


Stress control

What is stress control during your test session?



How to reach the testflow in your session?



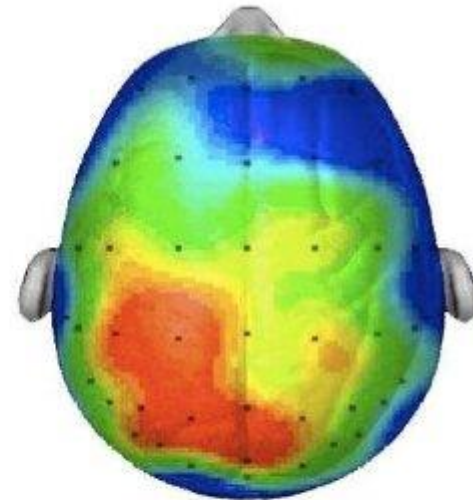
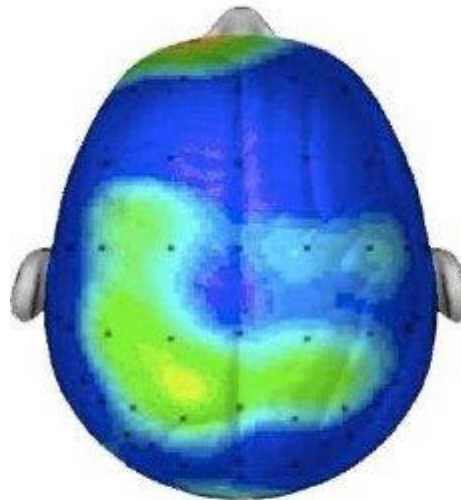
Stress control

Exploratory Testing IS Accountable
Session-Based Test Management

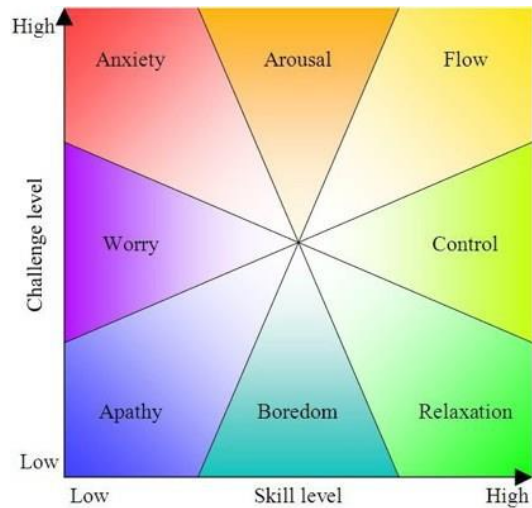
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vs.

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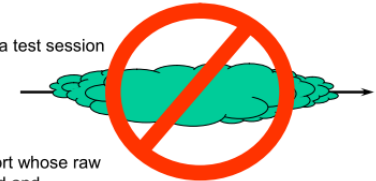


How to reach the testflow in your session?



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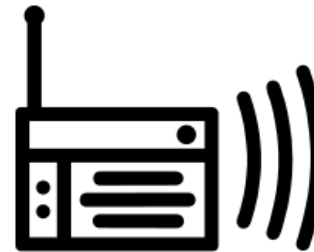


VS.

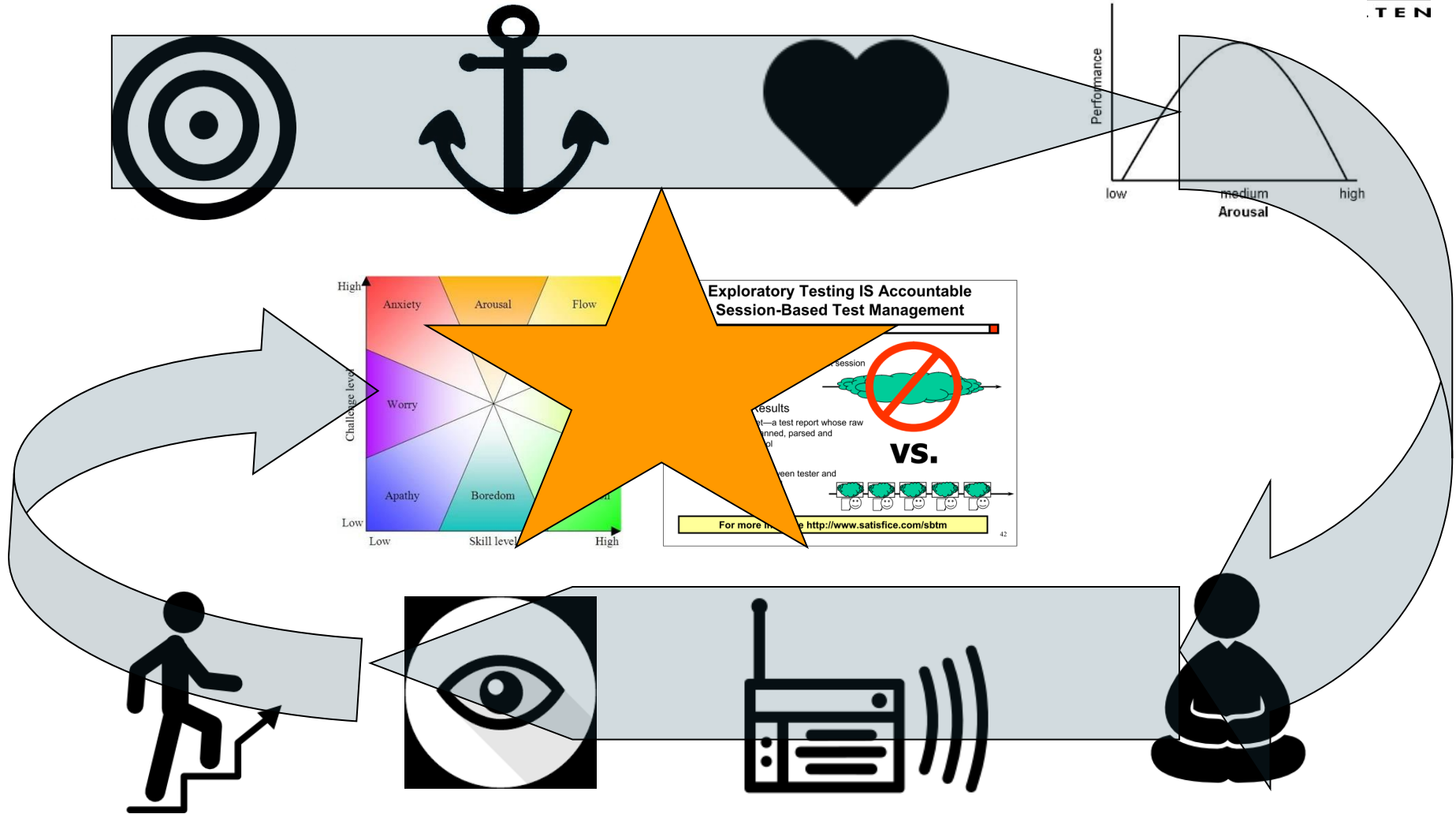


For more info, see <http://www.satisfice.com/sbtm>

42



Wrap up and conclusion





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Twitter: @ard_kramer

Or linkedIn: Ard Kramer

