

TARA practice materials: what each source is for

A source ladder for knowing what is current, what is a format resource and what is a legacy skills proxy.

THE SHORT ANSWER

The public TARA evidence base contains a current specification, a Question Guide, Pearson specimen and practice resources, and an official archive of BMAT and TSA Section 1 papers. Each source answers a different preparation question.

Checked against the sources named in this guide, August 2026. British English. Free to share.

1 Start with the current boundary

The current format is 22 five-option Critical Thinking questions in 40 minutes, 22 five-option Problem Solving questions in 40 minutes, and one Writing Task chosen from three prompts in 40 minutes. The Writing Task is limited to 750 words.

Source	What it can answer	What it cannot establish
Content Specification	The module boundary and assumed every-day English and basic mathematics	A released set of live TARA questions
Question Guide	Seven Critical Thinking types, three Problem Solving kinds and one Writing example	The weighting of a live form
Pearson specimen and practice	The existence of current online test-player resources	A public archive of live item text
BMAT and TSA archive	Officially linked legacy preparation material and a broad skills proxy	A current TARA paper or blueprint

1 The tell

A BMAT or TSA filename tells you where the question came from. It does not turn the question into a released TARA item.

2 Use the Question Guide to choose a skill

The current Question Guide is the cleanest map of the jobs the public evidence names. Critical Thinking covers main conclusions, drawing conclusions, assumptions, additional evidence, reasoning errors, matching arguments and applying principles. Problem Solving covers Relevant Selection, Finding Procedures and Identifying Similarity.

Choose the operation first. Then choose a source that gives you enough questions to repeat it.

1. Name the module and official question job.
2. Read the specification point that sets the boundary.

3. Use the current worked examples to understand the job.
4. Use clearly labelled legacy questions only when you need more repetition.

3 Use the archive without changing its label

UAT-UK links BMAT Section 1 and TSA Section 1 papers as preparation material. The evidence report classifies 728 BMAT questions and 800 TSA questions in that archive. Together they are a legacy proxy corpus, not a released TARA paper set.

- Write the paper name and year beside every practice set.
- Tag the current skill you intend the question to exercise.
- Keep legacy accuracy separate from any current-format result.
- Do not turn an archive raw mark into a TARA scaled score.

Worked example Keep one result in its proper column

You answer 16 of 22 questions correctly in a TSA Section 1 set. What can you write in your log?

- A. TARA score: 6.5.
- B. Legacy practice result: 16/22 on that labelled set.
- C. Official upper-tail result.
- D. Predicted university decision.

Correct: B records exactly what the set measured. It does not borrow a current TARA scale.

Trap: The other lines invent a conversion, a cohort position or an admissions outcome.

4 Build a source ladder

1. Read the current specification and Question Guide before selecting questions.
2. Use the Pearson specimen and practice resources as current online test-player material.
3. Use BMAT and TSA for targeted repetition, marked as legacy proxy practice.
4. Review the question job, first failed move and reach. Do not report a guessed TARA scale.

The evidence base contains 11 current Question Guide examples, not a public release of every live item. That is a reason to label practice carefully, not a reason to fill the gap with recalled content.

5 Log source honestly

Practice source	Write beside the result	Do not claim
Current Question Guide	Public example and named question job	A complete live blueprint
Pearson resource	Online test-player resource	A public release of live item text
BMAT or TSA paper	Paper name, year and current skill tag	A current TARA mock or scaled score

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he archive labels and counts above come from the UniGenius evidence report. UniGenius does not reproduce live TARA item text.

6 Sources

- [UAT-UK current TARA Content Specification](#): current modules, timings, question counts and Writing Task boundary.
- [UAT-UK current TARA Question Guide](#): seven Critical Thinking types, three Problem Solving kinds and public examples.
- [UAT-UK TARA preparation materials](#): the route that links the BMAT and TSA Section 1 archive.

- [UAT-UK TARA overview](#): the current public test description and module format.