

LECTURE #08

DAY 2

SELF DESCRIPTION TEST

SDT

SSB

Service Selection Board

Interview

AROUND 45%

**CANDIDATES CONTRADICT
THEIR SELF DESCRIPTION
DURING PERSONAL
INTERVIEW**

***IT IS THE MOST SENSITIVE
PART OF PSYCHOLOGICAL
TESTING. IT IS ALSO
KNOWN AS SELF
APPRAISAL TEST.***

***EVERY ONE HAS HIS
STRONG & WEAK POINTS***

GOOD QUALITIES

TOLERABLE TRAITS

SHORT COMINGS

WRITE...

15min

12min

5-6

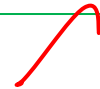
- A) WHAT I THINK OF MYSELF? 5-6
- B) WHAT MY PARENTS THINK OF MYSELF? 5
- C) WHAT MY TEACHER THINK OF MYSELF? 5
- D) WHAT MY FRIENDS THINK OF MYSELF? 5
- E) QUALITIES I WOULD LIKE TO IMPROVE IN MYSELF? 5

learned / listened / observed / calm

OBJECTIVE

THEY GIVES YOU A CHANCE TO KNOW YOURSELF.

***A BALANCED INDIVIDUAL IS AWARE OF HIS
WEAKNESS & READY TO IMPROVE.***



KEEP IN MIND...

YOUR SDT SHOULD BE BRIEF



MAINTAIN BREVITY IN YOUR RESPONSE



***YOU SHOULD BE FAST ENOUGH TO
COMPLETE ALL ANSWERS IN ~~15~~ MINUTES.***

DO NOT CONCEAL ANYTHING!

WRITE YOUR RESPONSES HONESTLY!

DON'T BE STUDIED!

Be spontaneous!

DON'T HESITATE TO TAKE HELP!

REVEAL YOUR ALL ASPECTS!

**BE AWARE TO REVEAL YOUR WEAKNES, IT MUST BE
GENERAL & ORDINARY TYPE!**

DON'T TELL A LIE!

***IF YOU DON'T HAVE TRAITS OF
BECOMING OFFICER THAN
START WORKING ON YOUR
PERSONLITY FROM TODAY!***



1 2 3 4 5

TIPS...

12 min

- A) ~~DIVIDE THE TIME TO ANSWER EACH & EVERY QUESTION CORRECTLY~~
- B) DON'T NEGLECT YOUR STRONG & WEAK POINTS ✓
- C) DON'T TRY TO HIDE YOUR WEAKNESS ✓
- D) MENTION YOUR STRONG POINTS ✓
- E) ANALYSE YOURSELF ✓
- F) DON'T CONTRADICT WITH PIQ ALSO ✓
- G) BE AWARE! YOUR STRONG & WEAK POINTS MUST REFLECT IN YOUR WAT/TAT/SRT ALSO ✓

HOW TO START?

A) ASK YOUR PARENTS OPINION ✓

B) ASK YOUR MOST TRUSTABLE FRIENDS OPINION ✓

C) ASK YOUR TEACHER'S OPINION ✓

~~D) ASK YOURSELF ABOUT YOU~~

E) NEW QUALITIES YOU WANT TO ACQUIRE ✓

2

DON'T WRITE MORE THAN 5 LINES FOR EACH SET!

DON'T BE STUDIED & COPY

DON'T WRITE OLQ'S

BE READY WITH SOME EXAMPLES OF YOUR WEAKNESS

✓
SDT

✓

✓

EXAMPLE...

***MY PARENTS INCLUDE ME IN ALL IMPORTANT DECISIONS,
THEY GIVE ME RESPONSIBILITY WHENEVER THEY LEFT
HOME.***

***SOMETIMES I DO THINGS
WHICH ARE IRRELEVANT
BUT SOON I IMPROVE MY
WORK...***

***I KNOW ITS HARD TO
CHANGE BUT STILL I WILL
GIVE MYSELF A CHANCE
AND WILL TACKLE THE
SITUATION WITH ANOTHER
ANGLE!***

MY

OPINION

***NO ONE CAN CHANGE YOUR
PERSONALITY WITHOUT
YOUR CONSENT!***

***I CAN ONLY GIVE YOU THE
INFORMATION!***

SO PREPARE...

A) WHAT AM I GOOD AT...

B) WHAT AM I NOT SO GOOD AT...

C) WHAT THREE OBJECTIVES DESCRIBE MY BEST TRAITS...

D) WHAT THREE OBJECTIVES DESCRIBE MY WORST TRAITS...

F) WHAT ROLE DO I PLAY IN PEOPLE'S LIVES...

**G) WHAT IMPROVEMENTS I MUST INCORPORATE REQUEST
YOUR FRIENDS, FAMILY....**

***MY PARENTS ALWAYS INCLUDE ME IN THEIR EVERY DECISION
NO MATTER WHAT MY CONCERN IS, MY FATHER USED TO
ASK ME THAT WHAT I WANTED TO BE IN MY FUTURE,
WHENEVER MY PARENTS LEFT HOME THEY NEVER CARE
ABOUT THE TACT THAT HOW WILL I MANAGE. ACCORDING
TO THEM I AM A RELIABLE AND SMART BOY.***



***MY TEACHER THINK THAT I AM A AVERAGE STUDENT,
AND THEY HARDLY GAVE ME ANY RESPONSIBLE
WORK. BUT ACCORDING TO THEM I AM A DESCENT
GUY AND FOCUSSES ON STUDY ONLY. THEY ALWAYS
APPRECIATE ME, AND MOTIVATE ME TO PERFORM
GOOD IN EXAMS.***

MY FRIENDS BELIEVE THAT I AM A QUITE STRAIGHT FORWARD GUY & TRUSTABLE ALSO. THEY DISCUSS THEIR GOOD & BAD MOMENTS WITH ME, ALSO WHENEVER THEY FEEL THEMSELVES ALONE, THEY ASK FOR MY COMPANY. IN SPORT ACTIVITIES THEY LOVE TO PLAY UNDER MY CAPTAINCY ONLY. AND FOLLOW ALL INSTRUCTIONS WHILE PLAYING. THEY BELIEVE THAT I AM A GUTSY GUY & NEVER SCARE OF TAKING INITIATIVE.

I AM DECENT BOY WHO LOVES STUDY PHYSICS & PLAYING CRICKET WITH MY FRIENDS ONLY. I AM SELF CONFIDENT IN ALL CIRCUMSTANCES, AND REMAINS CALM WHATEVER THE CHALLENGE I FACE. I BELIVE THINGS WILL HAPPEN IN ITS OWN WAY "SO DO WHAT YOU WANT TO!" I AM TOO SIMPLE IN MY DRESS UP AND ALSO CLEAR WITH MY WORDS. I DON'T LIKE TAKING RESPONSIBILITIES BUT STILL I NEVER SAY NO UNTILL I BELIEVE THIS WORK CAN'T BE DONE BY ANYONE ELSE EASILY.

I WANT TO BE SUCCESSFUL SO THAT MY FATHER COULD FEEL PROUD OF ME. I ALWAYS SMILE, AND WANT TO KEPT MY THIS QUALITY UNAFFECTED. MY WEAKNESS IS I ALWAYS TACKLE THE SITUATION LOGICALLY ONLY. I BELIEVE IN ACTIONS ONLY, NOT ON WORDS. HERE I BELIEVE THAT I SHOULD TO EMOTIONAL IN SOME CASES.

Sample 1-

Parents: My parents believe that I am a bright child with good skills and that I am capable of doing well in my academics as they feel that I am an active child. They also believe I can independently handle a difficult task and see that it is completed. They also feel that I am a friendly child.

Teachers: My teachers think that I am a smart student and equally honest and sincere. They also think that I can efficiently organise events and handle and participate in team activities, they shoulder me with responsibilities whenever they feel I can handle it alone. They also advise me to have a balance between my studies and outdoor activities.

Friends: My friends like my helpful and honest behaviour. They think that I am friendly and can help them anytime and thus, discuss with me all their joys and sorrows. They believe in me and feel that I am trustworthy. They like me for my commitment in any given task. They feel that I am a simple and cool person for which they like to spend more time with me.

Self: I think I am a nice person though have negligible weaknesses, have a good amount of likeable good qualities too. I am sincere and responsible. I am not a very intelligent student but sure I am dynamic as I am capable of managing and handling serious and difficult situations easily and finish all tasks well. I like to stay simple and uncomplicated and live joyously enjoying every moment of my life.

Aims in life/Qualities I would like to improve: *I would like to be a successful person through hard work and good efforts. I am learning to be more focused towards my goals so that I achieve them. I am also working on my vocabulary so as to enhance it more.*

Sample 2-

Parents: My parents think that I am a responsible child, they always give important work to me. They consider my opinion before taking any important step. They always motivate me to do well. Though they are not satisfied with my academics, they think that I can put in sustained efforts to achieve my goals. Sometimes we do have a difference of opinion but we discuss it out and find a common solution.

Teachers: My teachers think that I excel in practicals but has to work on my theory. They motivate me to do better in studies. They have given me responsibilities like school house captain, arranging plays, coordinate events etc. In college, I was nominated as the head of the cultural society which holds function in college. My teachers are very understanding and help me when needed.

Friends: My Friends think that I am very lively. They always take my advice on important issues. We always discuss our future plans. They motivate me that I can achieve whatever I want. They always give me some responsibility in their important family functions. Sometimes there are differences but we talk and come out with positive results.

Self: I think that I have not done justice to my potential in academics. I help my parents in carrying out their daily work. I am a good friend and try to help them in whatever way I can. I willingly take responsibilities given to me and perform effectively and do the best. I always try and help my brother and sister whenever they need me.

Aims in life/Qualities I would like to improve: I am putting all my efforts in my academics to do well. I am a bit short tempered but working on it. I am also working on all my flaws and developing them in the best possible way I can.

Sample 3-

Parents: *My parents always consider me as a dutiful and obedient child. I should admit that I am the favourite of my father. They have always trusted me and have faith that I will do well in every field as I excelled in academics. My mother always comes to me for help in routine activities. But sometimes my parents criticize me when I try to declare my wishes against theirs.*

Teachers: *I have always been a good and well-behaved student and teachers have always appreciated me for the same. They encourage me to do everything in the best manner. Apart from academics, I am good in co-curricular activities games and sports. The only times my teachers would disagree with me was when I would bunk classes for going to camps, sports meet or even canteen*

Friends: *My friends have always been caring, admiring and helpful towards me and have encouraged me in many situations. They always come to me in terms of help as I go to them. But when I tell them that we should abide by the rules, for example in the hostel, they would disagree with me mostly, but I have always been able to persuade them to be disciplined.*

Self: *I am basically a kind hearted person and quite sympathetic and sensitive. I never lose an opportunity to help my friends or anyone else. I face all situations bravely and boldly. I am optimistic and ready for any adventurous task. I performed well as a student through my academics and excelled in NCC and sports.*

Aims in life/Qualities I would like to improve: *I would like to be more strong physically in future. I do not lack in confidence but I would like to make it as strong as a rock. I would also like to develop my reading capacity.*

SOME TAT PRACTICE



Aman is social worker, working for NGO prayass india, which helps children to have free education, house and food, he came to his friends uncles house for some donation to his NGO, they all were having fun by playing cards when aman saw a child age between 10-12 years serving tea and snacks to them and rude behaviors of uncle towards child, aman clarified with his friend about the child and got to know that child is working in uncle house from past 1 month, he explained the uncle about the crime he is doing, and made him satisfied he shouldn't be doing again and he rescued the child got him admitted to his NGO.



Sonu is a chief engineer and is working in R&D department for maruti in gurgaon, he had prepared a design of fuel efficient car and all of them have gathered in the conference room for the presentation to be given by sonu, after sonu finished his presentation questions arised from his members about the design and to execute it, will it be working practically, would it feasible to common man, sonu answered them all and convinced most members of the board some of them were not convinced had put their head down, sonu convinced them about his plans and executing them and finally his plan was approved by the company chairman



Ram is a medical student studying in Gandhi medical college, it was raining heavily in the month of July, he was at home when he heard someone knocking his door hard, it was his neighbor children asking for help for their mother who is suffering from heart attack, he immediately gave some relief injection and went out in heavy rain fall and winds to call for ambulance, after 45 minutes of harsh travel he reached the hospital and came back with ambulance admitted the mother into the hospital and saved her life, and said to have regular checkup to avoid such circumstances.

PRACTICE MORE & MORE

THANK YOU WATCHING