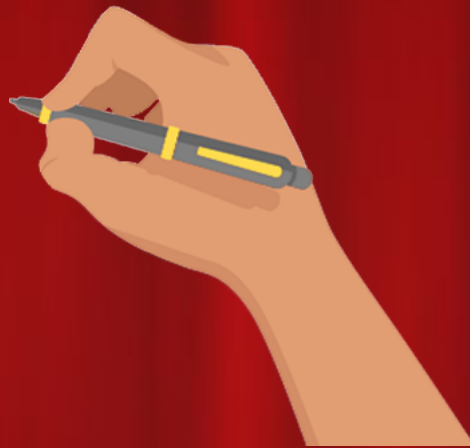


WAT



WORD ASSOCIATION TEST



- **HOW TO WRITE DESIRABLE SENTENCE IN WAT**
- **PSYCHOLOGIST PERCEPTION ON WAT**
- **MISTAKES COMMONLY COMMITTED BY ASPIRANTS**
- **THINGS TO TAKE CARE OF WHILE FRAMING A SENTENCE**
- **150+ SOLVED WAT**
- **ACTUAL SSB WAT SLIDES WITH PRESET TIME**

PDF





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W_{AT}



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WAT – an introduction

In the test, one word is shown for 15 seconds and candidates are expected to write the first thought that comes to their mind within the given time. This goes on till the 60th word is shown on the screen. The time limit is important to gauge your natural response.

Word Association test – WAT is not a sentence making test, else it would have been named as SAT. WAT evaluates the quality of ideas associated with the words.

While attempting WAT, the idea that comes to your mind is more important, regardless of the beauty of expression.

Among the 60 words, some would be positive; some neutral while some would be negative. You have to focus on responding to each and every word. Under any circumstances, At least 50 Words should be attempted by you.

In order to do this, you have to practice constantly. Only then will your writing speed match with the desired one.

Lastly, a readable handwriting is appropriate, you don't have to focus much on it. Popular belief that Graphology is used in SSB is a total hoax.

Therefore, just focus on the speed & readability of your handwriting.

What should be taken care of ?

DO NOT USE PHRASES IN WAT
Such as “Honesty is best policy”
If HONESTY is the word

DO NOT USE IDIOMS such
as “BEAT AROUND THE BUSH”
If BUSH is the word

**DO NOT USE
PREACHINGS.
REFRAIN FROM GIVING
ADVICES/INSTRUCTIONS**

WAT

**DO NOT USE
QUOTES IN WAT.**

**DO NOT WRITE THE MEANING
OR DEFINITION OF THE WORD
IN WAT**

**DO NOT TEND TOWARDS
ARMY/NAVY/AIRFORCE FOR
EVERY SENTENCE**

**DO NOT BEGIN WITH “I”/”ME”. IT IS EASY TO FRAME A SENTENCE
THAT WAY YOU WILL NOT BE ABLE TO EXPRESS YOUR QUALITIES IN
THE EXPECTED MANNER**

**DO NOT FRAME SENTENCES ON PAST OR FUTURE EXPECTATIONS.
FOCUS ON PRESENT**

How to answer WAT

There will be 3 kinds

1) POSITIVE:

Positive words are those powerful inspiring words that encourage us to write a worthwhile sentence.

e.g approve, beautiful, develop etc

i) As you are already told to not form a sentence with “I”, you can always use third person to write a sentence.

The third person can be a teacher, Priest, Minister, Father, etc.

E.g if the word is approve:

You can write –

“Teacher approved the project report of students”

ii) Next, you can always use a place to write a sentence

E.g If the Word is beauty

You can write –

“Jammu & Kashmir has serene beauty”

iii) Lastly, you can always use your nation, other countries to write a sentence

E.g if the word is develop

You can write –

“India is emerging as a developed nation”

2) NEUTRAL:

Neutral are those words that are not linked with any kind of positivity or negativity & Therefore do not create a positive or negative impact on our imagination. e.g Bachelor, casual, demand

i) You can use simple facts to answer neutral words

E.g if the word is bachelors

You can write –

“Master’s degree is awarded after one has done his bachelors”

ii) Also, You can write a sentence with the most linked word

E.g if the word is casual

You can write –

“Function demanded a casual dress code.”

iii) Lastly, it is always easy to convert neutral word into a positive sentence

E.g If the word is Demand

You can write –

“Good books are always in demand”

You will not have much difficulty in framing the sentence if you have a positive mind-set which probes for “Positivity” in every case

3) NEGATIVE

Mostly everyone faces difficulty here. It is because they see these words as “NEGATIVE” words.

Now, let’s just discuss as to what is a negative word. By the definition negative is something which creates boredom, lack of energy, dull, lifeless, disappointment or dissatisfaction.

BUT IS IT TRUE THAT NEGATIVE WORDS ATTRACT NEGATIVE THOUGHT ?

The answer is a big NO.

It is all about your perception. E.g a Jungle looks beautiful unless you fear about the lion or other deadly animals residing.

“There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.”

Let’s talk about various ways by which one having a pessimistic mind-set can work towards turning it into an optimistic mind-set

i) The First thing that you can do to tackle negative words is to write a sentence on current national/global awareness

E.g If the word is Explode

You can write –

“After the pokhran explosion, India was among nuclear weapon states”

ii) Second thing you can do is to write a sentence with the help of its antonym. The antonym for negative is positive and hence it is evident that you will end up in a Desirable sentence.

E.g If the word is dark

You can write-

“Light removes darkness”

Qualities assessed by the psychologist

QUALITY	EXAMPLE
LOYALTY	When you write about friendship, obedience towards your parents, bond towards your pet, homage - to martyrs , devotion-to your sports etc.
LIVELINESS	When you write about an outgoing adventure, energetic act like dance, enthusiastic play or any atmosphere that witnesses excitement
TEAM SPIRIT	When you write about a willingness to cooperate with a group, collaborate, complement, working together, Thinking of we rather than me
SELF CONFIDENCE	When one writes about adhering on their opinion, judgement, believing in one's ability, backing your actions, completing a task
FEARLESSNESS	This is identified when one's views are free from distress, dismay, does not panic in unfavourable situations, has daring action
UNSELFISHNESS	This trait is identified when your views flicker love and care for others, Don't be obsessed with your achievements & greatness.
KNOWLEDGE	When you write about facts, information, theory, experience, mastery. There should be awareness in terms of global & national issues.
OBSERVATION	This trait solely depends on your analysis, examining capability, reviewing power.
SOCIABILITY	This trait depends on how you are as a companion, your hospitality, graciousness, genial attitude and how easily you jell with others

Grading system used at SSB

The psychologists have been through a special course, intense studies and researches, they are well experienced and therefore it is almost impossible to fake your responses.

There is no point in working on forging your responses; rather it is advised to learn what a psychologist expects followed by a lot of practice questions. This is the only way to fix the loop holes, if any.

The grading is done as:

GRADE	DESCRIPTION
N-1	For the least score (N stands for neutral)
N-2	Better than N-1
N-3	Not positive but better than N-1 & N-2
P-1	Least positive rating (P stands for positive)
P-2	Better than P1
P-3	Most desirable grade
HP	This grade is awarded on Highly positive response
There is no grading for negative responses	

Getting a grade between N-1 & N-3 is fair enough and acceptable.

Your objective should be to get graded anywhere between P-1 & HP for considerable number of words.

Solved WAT

S/N	Word	Use
(a)	(b)	(c)
1	Easy	Formula makes math's problem easy.
2	Ahead	India is ahead of most of its neighbours
3	Sacrifice	Soldiers are sacrificing their lives for the nation
4	Happy	Smile on parents face makes us happy
5	Discussion	Makes concept clear.
6	Satisfaction	Team work gives satisfaction.
7	Encourage	Friends encourage each other.
8	System	Systematic approach is always successful.
9	Quick	Quick decision shows clarity of mind.
10	Comfort	Technology has made life comfortable.
11	Judge	Judge passed order based on the evidence
12	Women	Entry of women in the Army is a good step.
13	Desire	Hard work yields the desired goal in life.
14	Bold	Boldness is state of mind.
15	Brave	Soldiers bravely fought the battle
16	Defeat	True sportsman accepts his defeat cheerfully.
17	Danger	Pollution is dangerous to health.
18	Craze	Social media is a craze nowadays
19	Risk	Blood donation is not risky.
20	Peace	Yoga brings peace to mind
21	Character	Plays important role in life.
22	Unity	United families are progressive.
23	Cooperation	Team won with everyone's cooperation
24	Worry	True Sportsmen never worries about result
25	Pursue	He pursued his brother for higher education.
26	War	War requires quick decision making
27	Plan	Planned work saves time.
28	Organization	United nation is an international organization
29	Government	Economy progresses with sound govt policy.
30	Foreign	Indian heritage attracts foreigners
31	Specific	PIQ follow specific format.

32	Law	Manusmriti is the oldest law
33	Leader	Leader is responsible for wins and losses
34	Friends	Good friends make the life joyful.
35	Time	Time management leads to efficiency.
36	Understanding	Team members understand each other.
37	Utilize	Nation utilizes its resources effectively
38	Honour	Ashok chakra is the highest peacetime honour
39	Method	Method makes work easy.
40	Systematic	Systematic approach saves time.
41	Carefully	Soldiers are always careful on duty
42	Easy	Techniques make tasks easy.
43	System	Immune system protect us from disease
44	Clear	Clearly expressed views are easy to grasp
45	Rest	Little rest can refresh us.
46	Problem	Every problem has a solution
47	Differ	People with different religion live in India
48	Failure	Failure teaches us to work harder.
49	Atom	Atomic energy is essential for technology
50	Time	Well planned work save time.
51	Habit	Reading is good habit.
52	Junior	Junior learns from seniors.
53	Beauty	Consist in simplicity.
54	Proof	Law wants proof for judgment.
55	Discipline	Makes good society.
56	Challenge	No one can challenge India's democracy
57	Love	Mother is statue of love.
58	Step	Good leader takes initiative
59	Difficult	Nothing is difficult with practice
60	Duty	Soldiers are always alert on duty.
61	Idea	Ideas are always creative
62	Books	Books increase knowledge.
63	Future	India has a bright future
64	Music	Good music refreshes mind.
65	Property	Student's property is his education.
66	Error	Keen Observation reduces error.
67	Work	Hard work leads to success.
68	Justice	Democracy gives justice to all.
69	Charity	Charity funds were given to victims
70	History	Indian culture is historical.

71	Kindness	Kindness is always appreciated
72	Self-Control	Reduces anger.
73	Faith	One has faith towards his religion.
74	Life	Average human life is 64 years
75	Word	Express views
76	Happiness	Parents smile brings happiness
77	Educate	Education is one's biggest asset
78	Soul	Morning meditation purifies soul.
79	Business	Customer satisfaction is a business strategy.
80	Medicine	Happiness is medicine for sorrow.
81	Exercise	Regular exercise keeps us healthy.
82	Poetry	Good poetry touches heart.
82	Intelligence	Indian Intelligence agency is R&AW
83	Old	Beauty of old monuments is incredible.
84	Patriotism	Singing Anthem is an act of patriotism.
85	Criticism	Great leader often face criticism.
86	Fear	Good knowledge dispels fear.
87	Past	Learn from past mistakes.
88	Tear	Tear gas used to disperse mob.
89	Friendship	Friends share each other company.
90	World	The world is connected through internet
91	Chance	Practice reduces the chance of mistake.
92	Mother	There is nothing like mother's love.
93	Heart	Mother has a kind heart
94	Power	Power is one's responsibility
95	Family	Pets are also a part of family
96	Wealth	Knowledge is undividable wealth.
97	Philosophy	Is a result of experiments.
98	Greatness	Greatness inspires everyone
99	Award	Bharat ratna is country's highest award
100	Women	Women are excelling in various fields
101	Society	Discipline makes good society.
102	Quality	Persuasion is good quality of leader.
103	Religion	All religion teaches equal value
104.	Policy	Good policies helps in development
105	Truth	He has guts to speak the truth.
106	Compromise	Compromise when there is lack of resources
107	Quick	Quick decision save time.
108	Climb	Climbing is adventurous sport

109	Understanding	Understanding root cause solves the problem.
110	Abide	He is a law abiding person.
111	Persuade	Fire was withdrawn after enemy's persuasion
112	Martyrs	Fellow soldiers paid homage to martyrs
113	Method	Methodical approach saves time.
114	Carelessness	He is always careful in his task
115	Hope	Hopefully India will emerge as superpower
116	Efficiency	Wise men uses money efficiently
117	Danger	Take precautions to avoid danger.
118	Complete	Task needs to be completed on time
119	Competition	Competition is good for market
120	Talent	Aryabhatt was a famous talent of India
121	Time	Time management leads to efficiency.
122	Character	Character is pillar of personality.
123	Worry	He never gets worried in any situation.
124	Unit	Good leader maintains unity.
125	Spirit	He is highly spirited person.
126	Attack	Team outscored with attacking attitude
127	Curiosity	Curiosity leads to invention.
128	Lonely	There are lonely roads in remote areas
129	Guide	Knowledge acts as guide in life.
130	Confusion	Clear thoughts avoid confusion
131	Merit	His merit reflects shades of success.
132	Admire	Admire the seniors and love the juniors.
133	Aggressive	Team played with aggression
134	Think	He thinks before he acts.
135	Improve	Improvement is a gradual process
136	Watch	Soldiers keep watch on the borders
137	Strict	Rules need to be followed strictly
138	Blind	Braille is a writing system used by blind
139	Cry	War cry is bigger course of inspiration.
140	Exercise	Regular exercise improves stamina.
141	Depression	He never feel depressed in adverse condition.
142	Hungry	He is ever hungry for victory.
143	Empty	Empty container was full of air
144	Tired	Player were tired after practice
145	Team	Team effort leads to goal.
146	Never	He is never late to work.
147	Strong	Together we are strong

148	Imagination	Imagination can be dynamic
149	Reward	Success is a reward of hard work
150	Snake	Venom is used in medicine.
151	Luck	Hard work is substitute of Luck.
152	Health	Good Hygiene is key to good health.
153	Company	Good company source of success.
154	Father	Does not shows love but cares a lot
155	Fault	Is rectified by good planning.
156	Victory	India was victorious in kargil war 1999
157	Impossible	Reaching moon was impossible one day.
158	Sister	India has 7 sister states
159	Solve	Planning solves every problem.
160	Heritage	Indian Heritage attracts tourism
161	Follow	His dog followed him on the walk
162	Projects	Smart city project is under planning
163	Honey	Very good source of energy.
164	Lies	Unknown lives lie beneath water
165	Reaction	Captain reacted to his teams achievement
166	Unable	NASA was unable to achieve what mangalyan did
167	Offer	Life offer lots of opportunities.
168	Confuse	Rational thinking removes it.
169	Cinema	Good cinema is educative.
170	Garden	Gardening is also an art.
171	Fit	Regular exercise key to fitness.
172	Teacher	Gives shape to a student's life
173	Interest	Mathematics is an interesting subject.
174	Pay	Hard work always pays.
175	Save	Save trees for green future

General Tips

- ✓ You need to write fast as candidates often miss some of the words and run out of time
- ✓ Practice a lot of WAT a month or two before your SSB
- ✓ Practice 20-25 words on daily basis
- ✓ After practicing, read your sentence again and again to point out the improvements.
- ✓ If possible, prepare with someone already preparing for SSB so as to compare and evaluate each other's sentence
- ✓ Try practicing in morning to sync your mind and body with the actual timings of the test at SSB
- ✓ Don't try to memorise beforehand. You will automatically get the flow once you have started practicing regularly
- ✓ Psychologists assess WAT on daily basis and it won't take them much time to identify whether you are practical or trying to fake your response.
- ✓ You will definitely excel in WAT once you have practiced well with these guidelines

