

# Self-Description Test (SDT)

Self Description Test (SDT) is the last activity of psychology test conducted on Day-2 and Stage II of SSB interviews. It is one among the four psychological tests others than TAT, WAT and SRT. Candidate is asked to write five separate paragraphs on each context about the opinion of his parents/guardian, friends, teachers/superiors.

## Meaning of SDT

As the name itself describes, SDT is describing what is 'I' i.e. self and anything related to self like what kind of a person you are, what you would like to become describing parents, friends and teachers. In SSB, following are the points that are to be written by the candidates in the distributed forms...

- What your parents think of you?
- What your friends think of you?
- What your teachers think of you?
- What do you think of yourself ?
- What sort of a person you want to become in life?

## Rule for SDT

In Self Description Test, candidates are given 15 minutes and are asked to write 5 different paragraphs regarding the above said points.

Candidates may take it easy and write everything that comes to mind, but it should be kept in mind that it is one of the psychological tests for which you have got an opportunity to project your qualities. Here, the description should be honest, but not too self critical. It is advised that you give a balanced view of your personality.

## Need of Conducting SDT

The SDT, is conducted to know the crucial and considerable details collected and assessed by the psychologist to assess the character traits of the candidate. On the other hand, in the self description, the candidate reveals his previous life details which show the maturity of a candidate's personality. It also shows that if the candidate is capable of assessing himself he can surely assess others.



### Do's and Don'ts for SDT

#### *Do's*

- ♦ **Be attentive** to what psychologist instructs.
- ♦ Your description should be an **emphasis** on such points that reveal real traits of your personality.
- ♦ It is natural that all human beings have good and bad parts of personality so write good as well as bad points of your personality.
- ♦ **Maintain a good writing** speed also legible hand writing.
- ♦ **Be honest and real**, while giving your self description. Never try to bluff about any of your qualities as the psychologist will easily find it out. Remember that psychologist is an experienced person he will easily find out the character traits even if you try to conceal.

#### *Don'ts*

- ♦ You should be **alert about your self description**. Do not contradict with any of the information given to the board.
- ♦ Never try to memorise any self description from anywhere and produce it before the board. It will only reduce your chances of selection as the self description will have no connection with your personality traits.
- ♦ **Do not write strong negative points** about you. There is much difference between weaknesses and negative qualities. Be positive.
- ♦ Do not write in bullets always write description in a paragraph.

## Importance of the Test

The importance of self-appraisal cannot be over emphasized. The psychologist will confirm his observations about the candidate. The best way to describe the candidate is to be truthful and faithful to himself. So he should not overestimate or under estimate his personality. It helps in finding out insight and motivation of a candidate. Trainability of the candidate is also based on this test.

# SAMPLE OF SDT...

Observe the comments made about you by your parents, friends, teachers or you may directly ask them. Note these points on a paper and try to make a sample of description.

## *Opinion of Parents*

My parents believe that I am a bright child with good skills. They believe that I am capable of doing well in my academics as they feel that I am an active and intelligent child.

I know that their belief is true on me as I am dependable and can independently handle the difficult tasks and see that the task is well finished. They also feel that I am a friendly human being.

## *Opinion of Teachers*

My teachers think that I am a bright, honest and sincere student. They also think that I can efficiently organise events and handle and participate in team activities; they always give me responsibility whenever they felt that it can be handled by me alone. They also advise me that, I must have a balance between my studies and outdoor activities.

## *Friends*

My friends like me for being helpful and honest. They think that I am friendly and can help them any time 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 simple and cool for which they love me and like to spend more time with me.

## *Your Self Image/Opinion/Strength and Weakness*

I think that I am a nice person though have negligible weaknesses, have good amount of likeable good qualities. I am sincere and responsible. I am not a good student, but sure I am dynamic person, capable of handling the difficult situation easily and finish the tasks well. I respect elders and follow their advice and never hurt them. I like to have a simple and uncomplicated life. I like to live joyously enjoying every moment of life.

## *Aim in Life/What I Would Like to be*

I would like to be a successful person through hard work and good efforts. I want to join Indian army as I can handle outdoor activities capably and also good in handling team and manage that group of people. I would like to become the top officer of the army where everybody respects the sincerity and commitment.

# GTO TASK...

Group testing holds on the 3rd and 4th day of SSB Interviews. Group Testing Officer (GTO) tests the candidates in various different ways. GTO observes the candidates performing in a group, he gradually signals them out and tests them individually and then again asks them to perform in the group. In group testing series, there are total 9 tasks which can be classified in three phases.

## *Introductory Series*

It includes four tasks :

1. Group Discussion (GD)
2. Group Planning Exercise (GPE)
3. Progressive Group Task (PGT)
4. Group Obstacle Race (GOR)

All these tasks have three distinct stages; *First stage* is to explore and try to manage each other's abilities. *Second stage* is of competition stage where candidates try to impose their supremacy on others and try to get the attention of the group. *Third stage* is of the cooperation when the group gets a chance to show the potential of team work.

## *Confirmatory Series*

It includes four tasks :

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|--------------------------|-----------------|
| 1. Half Group Task (HGT) | 2. Lecturette   |
| 3. Individual Obstacles  | 4. Command Task |

In these tasks, individuals are given the opportunities to show their abilities in a group exercise and also in individual task. In this series, GTO clears the doubt of candidates by focusing more intensely and closely on every candidate.

## *Final Series*

In the last group test, **final group task** is held. GTO wants to be sure about every individual candidate. So, once again he checks the abilities of the candidates in a group. Thus, candidates have to perform well in every series of the group task. Because GTO wants to be sure about every candidate's ability. If you perform well in primary series or basic series that does not mean, to relax in the final series you have to always perform your best.