

SUCCESS MANTRA FOR PSYCHOLOGICAL TESTS

“Worry is a total waste of time. It doesn’t change anything, all it does is, steal your joy and keep you very busy doing nothing”- Anonymous

Psychology round at SSB is designed to test your brain waves so as to get the idea that in which direction you think. You would hear people saying that all you intend to do in a SSB is to mention heroic acts, be positive. This is not at all wrong but the excess of this myth might lead to disaster.

Remember the following:

- **Keep your mind tension free**
- **Worry is the root cause of failure**
- **Thinking good about yourself is must**
- **Self-appreciation must be practiced regularly**
- **Result oriented approach never takes you to results.**

Please remember that in SSB , assessors are very expert and trained to read human behaviour you also need to act smart and remember the mantra “Don’t try to show off, just be yourself” If you follow this simple mantra sure shot success is there. When people try to make use of their brain and try to mould and modify their thought process, they are caught and rejected. Psychology round judges how much your brain resembles you and your actions which would come alive during the course of SSB. So do we need to fake here? Strictly, not... Just be you.

So, let’s talk what happens in the test and how to deal with this unique style of testing. First of all, Psychology test is just a showcase of your personality (inner self). It will reflect you without utterance of a single word from your mouth. This testing does not need any preparation but there are rules to be followed during the testing.

RULE1: Every human being has a negative and a positive self. Candidates should leave their negative self at home while coming to the SSB testing. Golden rule for SSB is being HAPPY, HEALTHY AND POSITIVE. Same applies for psychological testing also. While expressing your opinions and thinking you should always be the combination of above three.

RULE2: You are neither a superhero nor a perfect human being. You have your shortcomings. Don’t hide them by being fake. If they are in you, let them in you and they should reflect in your testing also. Just keep in mind – I am what I am, there are shortcomings in me. I will try to remove them but I won’t hide them.