



GTO Test, Group Assessment

The GTO test series are conducted over a period of two days. The tests include group tasks, command tasks, lecture, group discussions, group planning exercise and other outdoor exercises.

Unlike the psychologist, the GTO is actually interacting with you throughout the tests. Each and every action of yours is observed. It is a test of your body and coordination between your body and mind. Your physical and mental qualities get highlighted in these tests. Project your qualities to the GTO and do not remain a passenger. Come out with work sense, ideas and ensure that others accept them. If they are logical and workable they will be acceptable. While you expect others to accept your ideas you should be willing to accept others ideas as well. You need to remain confident and cheerful throughout the tests and learn to comprehend all instructions and ensure that no rules are violated. Your overall performance in all the GTO tasks brings out your personality. You need to be good in every aspect. Outstanding performance in some and poor in others is not acceptable. You need to introspect and find out shortcomings which you noticed in your performance. You ought to be physically fit to do well here. Focus on your shortcomings and you will surely be able to come up to the required standards.

Do's

1. Have adequate general awareness and read current affairs.
2. Perceive the problems posed correctly and assimilate all details.
3. Be quick enough to think and write solutions. Avoid grammatical mistakes.
4. Solutions should be logical and realistic.
5. Be spontaneous and forthright in expressing. Participate actively in the group actions.
6. In outdoor tasks, be energetic, participate willingly and contribute to the group activities.
7. Understand the requirement of the task, plan and try to evolve / suggest workable ideas.
8. Try to project / exhibit leadership qualities in implementing plans.
9. Keep the group aim in mind.
10. Be confident and develop perseverance in pursuing aim / goal.
11. Be physically and mentally tough. Routine daily physical exercise must be taken well before coming for the SSB. Warming up before coming to GTO's ground will certainly help. You can do some exercise in lines.
12. Be effective in communication skill. Being conversant in English is always beneficial.
13. Be well dressed in white shorts, T-shirt and PT shoes.
14. Dress should be loose and comfortable.
15. Ensure smart turn out (proper hair cut and shaved properly).
16. Sleep early at night so as to remain fresh for the next days testing.
17. Listen to opening briefing by GTO attentively and follow the instructions.
18. Enjoy the tests, take them as group activity.
19. Adhere to laid down timings and instructions passed by SSB students to you from time to time.
20. Work hard, be active and put your best foot forward.
21. Be positive, optimistic and friendly.
22. Be your original self.



23. Imbibe discipline in yourself, whether in lines, at work, in the ground or in the city / sight seeing.
24. Carryout tests to the best of your physical ability.
25. Inform Testing Officer in case you are not feeling well enough to go through the testing.
26. Follow all the instructions as given to you before commencement of each task in the GTO's ground.
27. Respect others then only shall you get respected.

Dont's

1. Do not limit yourself to one type of media or TV channel. Explore various types of media and TV channel to acquire knowledge / general awareness.
2. Do not try to copy or paste pre-conceived knowledge / ideas, utilize them to generate own ideas.
3. Do not sit / stand back and wait for opportunity to come its way - grab the opportunity.
4. Do not discard others ideas, evaluate and then follow / modify.
5. Do not feel discouraged if unable to perform well in a particular task. What matters is overall performance in all the GTO's tasks.
6. In outdoor / physical tasks do not be reckless, take calculated risks. Remain bold and composed.
7. Do not give up easily. Be resilient.
8. Do not over eat prior to task.
9. Do not wear tight clothes / shoes.
10. Do not smoke, drink and gamble during your stay with us.
11. Do not damage Government property.
12. Do not stay out after specified timings while on out pass.
13. Do not indulge yourself in stealing / playing cards etc.
14. Do not be over smart and do not put up a false front or mask your original personality.
15. Do not be aggressive or short tempered.
16. Do not be pessimistic or careless / lazy.
17. Do not be foolhardy and do not take stupid / foolhardy risks.
18. Do not pick up fight with anybody whether in the SSB or in the Selection Centre or in the city.
19. Do not keep mobile phone, watch, purse, chain any valuable on your person when in tests.