

The **FAST** guide to success at Army Selection!

FIND OUT:

Research the job and the training you want to do when you join the Army. There are lots of choices. The Army Jobs Website has lots of information: www.army.mod.uk/join

- Why do you want to do that job?
- What qualifications do you need?
- Consider other jobs in the Army too, just in case there are not enough vacancies for your first choice.
- Where does Phase 1 (basic) training take place?
- Where will you do Phase 2 (trade) training?
- How long does the trade training take?
- What happens in training?



ASK:

- Ask your family and friends to help you prepare for selection.
- Talk to people you know in the Army about what it is like.
- Ask your CSM, Careers Advisor or Reserve Unit about any concerns

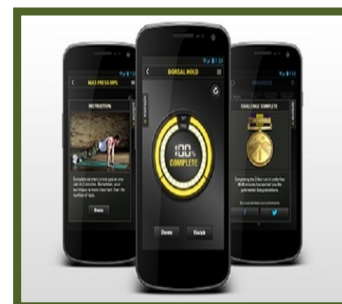


SEE:

- As much as you can of the army: on websites, in the Careers Office, attend relevant local events
- If you are an Army Reserve candidate visit your unit

TRAIN:

- Read the 'What to Expect' pages
- Prepare for the physical tasks. Try using the 100% Army Fit App <http://www.army.mod.uk/join>
- Take the sample BARB test on the Army Website: <http://www.army.mod.uk/join/tests/barbtest/default.aspx>
- If you want join a technical trade, revise maths using GCSE revision guides and try the sample Technical Selection Test (TST) on the Army Website: <http://www.army.mod.uk/join/tests/tst/default.aspx>
- Complete your own Personal Action Plan on the next page. This will help you focus on getting ready and if you have any questions you can ask your CSM.



Run-time Requirements

9 mins 40 secs Para Standard
10 mins 0 secs Para Junior
10 mins 30 secs Para Reserve ,
UKSF(R)

13 mins 15 secs Royal Engineers, Royal Artillery, Royal Signals, Royal Armoured Corps,
14 mins 0 secs Royal Logistics Corps, Army Air Corps, Intelligence Corps, Corp of Army Musicians, Royal Mechanical and Electrical Engineers
14 mins 30 secs All Junior Entry except Para



**'SUCCEEDING TO PREPARE
IS PREPARING TO SUCCEED!'**



MY PERSONAL ACTION PLAN TO PASS ARMY SELECTION

Date and Location of Assessment Centre:

1st job choice:

Other job choices:.....

Do you have the required qualifications for those jobs.....

Where is Phase 1 training? How Long does it last?.....

Where is Phase 2 training?How Long does it last?.....

What appeals to you about those jobs?

What are you looking forward to most about training?

- *Fitness Training*
- *Field Training*
- *Shooting*
- *First Aid*
- *Map Reading*
- *Being Part of a team*

What other things?

Is there anything that concerns you about training?

- *Being away from home*
- *Sharing a room*
- *Being tired*

What other things?

Are you fit enough?

- Use the Army Fitness App,
- Go running – (*Train for 2 miles and then 1.5 will be easy!*)

How long does it take you to run 1.5 miles (2.4 Km)?

Is that time quick enough for your job choices?

Have you practised the BARB and other tests? Do you understand how to do them?

What are you looking forward to the most about joining the Army?

Challenge
Personal Growth
Adventure
Regular Salary

Protecting your Country
Free Gym and sports clubs
Excitement & Travel
Free Health & Dental Care

What other things?



**ARE YOU READY TO
'BE THE BEST'?**

