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/barbtst/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

<table>
<thead>
<tr>
<th>Run-time</th>
<th>Para Standard</th>
<th>Para Junior</th>
<th>13 mins 15 secs</th>
<th>Royal Engineers, Royal Artillery, Royal Signals, Royal Armoured Corps, Royal Logistics Corps, Army Air Corps, Intelligence Corps, Corp of Army Musicians, Royal Mechanical and Electrical Engineers</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 mins 40 secs</td>
<td></td>
<td></td>
<td>14 mins 0 secs</td>
<td></td>
</tr>
<tr>
<td>10 mins 0 secs</td>
<td></td>
<td></td>
<td>14 mins 30 secs</td>
<td>All Junior Entry except Para</td>
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<tr>
<td>10 mins 30 secs</td>
<td>Para Reserve, UKSF(R)</td>
<td>14 mins 30 secs</td>
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‘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 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’?