

# **Preparing for Your ADF YOU Session and Assessment Day**

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# 1. Introduction to ADF Recruitment

Joining the **Australian Defence Force (ADF)** is a highly respected career choice that combines personal growth with service to the nation. The recruitment process is designed to assess your readiness and suitability for various roles within the **Army**, **Navy**, or **Air Force**. Two key stages early in this process are the **YOU Session** and the **Assessment Day**.

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## 2. What is the YOU Session?

The **YOU (Your Opportunities Unlimited) Session** is the first step in the ADF recruitment process. It introduces candidates to potential career paths, evaluates general aptitudes, and starts building a profile to match you to suitable roles in the ADF.

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## 3. How to Prepare for the YOU Session

- Bring 100 points of ID, including photo identification.
  - Research ADF careers that interest you ahead of time.
  - Practice basic numeracy, literacy, and abstract reasoning.
  - Be prepared to discuss your motivations for joining.
  - Dress smartly and arrive early.
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## 4. What to Expect on the Day

During your YOU Session, you will:

- Attend an information session about life and work in the ADF.
  - Complete an aptitude test covering math, verbal, and abstract reasoning.
  - Meet with a Careers Coach to discuss your results and preferences.
  - Learn which roles you are best suited for based on your scores.
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## 5. About the Assessment Day

If you pass the YOU Session, you'll be invited to **Assessment Day**. This is a more detailed evaluation process that includes:

- **A Medical Assessment**
- **A Psychological Interview**
- **A Defence Interview**

This day is designed to ensure that you're ready—mentally, physically, and professionally—to pursue your chosen ADF career.

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## 6. Preparing for the Assessment Day

- Maintain physical fitness and good health.
  - Bring any required documents and completed forms.
  - Be well-rested before the day.
  - Study the values and roles of the ADF.
  - Practice interview techniques with a friend or mentor.
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## 7. Interview Tips and Advice

- Understand the ADF's core values: **Service, Courage, Respect, Integrity, and Excellence.**
  - Be ready to answer questions like:
    - "Why do you want to join the ADF?"
    - "What do you know about the role you're applying for?"
    - "Can you give examples of teamwork or leadership?"
  - Speak clearly, stay calm, and be respectful.
  - Show genuine enthusiasm for serving in the Defence Force.
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## 8. Medical and Psychological Evaluation

These assessments are vital for determining your fitness for service.

- **Medical Check:** Includes hearing, vision, cardiovascular health, and more.
- **Psychological Assessment:** Gauges emotional resilience, mental health history, and adaptability.

Be honest. These evaluations help place you in the most appropriate and supportive role.

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## 9. Common Questions and Concerns

**Q: What if I don't pass the YOU Session?**

A: You may be allowed to retake it or explore alternate pathways.

**Q: Can I choose any job I want?**

A: Your options depend on your test results, medical fitness, and the ADF's needs.

**Q: Do I need to be really fit before applying?**

A: You need to be reasonably fit, but full fitness requirements come later in the process.

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## 10. Useful Links and Contacts

- **ADF Careers Website:** <https://www.defencejobs.gov.au>
- **Book a YOU Session:** <https://www.defencejobs.gov.au/recruitment-centre/you-session>
- **Phone:** 13 19 01
- **Email:** [enquirycentre@dfr.com.au](mailto:enquirycentre@dfr.com.au)
- **Visit:** Your local Defence Force Recruiting Centre