

Preparing for Your ADF YOU Session and Assessment Day

Table of Contents

1. Introduction to ADF Recruitment
 2. What is the YOU Session?
 3. How to Prepare for the YOU Session
 4. What to Expect on the Day
 5. About the Assessment Day
 6. Preparing for the Assessment Day
 7. Interview Tips and Advice
 8. Medical and Psychological Evaluation
 9. Common Questions and Concerns
 10. Useful Links and Contacts
-

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**.

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.

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.
-

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.
-

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.

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.
-

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.
-

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.

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.

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
- **Visit:** Your local Defence Force Recruiting Centre