TAT practice guide

In the Thematic Apperception Test a picture is shown for a short time, then you write a story about it in a few minutes. Practise the method on any everyday photograph; your sets of TAT-style pictures will come from your preparation sessions.

Method

1. Look at the picture: who is there, what is happening, what led to it.
2. Choose a central character close to your age.
3. Write what happened before, what is happening and what happens next.
4. Show the character thinking, deciding and acting on a problem.
5. End with an outcome the character has worked for.

Common mistakes

- Describing the picture instead of writing a story.
- Heroic or unrealistic endings.
- Stories where things simply happen to the character.
- Running out of time.

Practice routine

Take ten photographs from newspapers. Give yourself 30 seconds to look and 4 minutes to write. Review each story for action, realism and a clear ending.

Practice material prepared for aspirants. The procedure and timings at your Selection Board are set by the board itself and your call-up letter.