

A sample preparation review

Illustrative communication exercise - not a psychological assessment

Read this first

This invented example shows how preparation feedback can lead to a practical action. It is not a real candidate case, an assessor report, a model answer or a prediction of selection. It does not represent a psychological assessment by Commander Sharma.

Practice prompt

Describe a time you helped a team finish a task.

Illustrative response

We organised a college event. We worked hard and it went well.

Observation

The account does not yet explain the speaker's own action or what "went well" means. This comments on the account, not the candidate's personality.

Questions to explore

What did you personally do? Who handled the other tasks? What difficulty arose? What outcome can you describe accurately?

What not to do

Do not add an impressive leadership claim or copy a polished answer. Revisit the facts and practise explaining a different genuine experience.

Turn feedback into practice

An illustrative follow-up plan - adapt it to your own needs

1. Retain your original attempt

Keep the prompt and your first response. Record the conditions, including whether the activity was timed.

2. Clarify the observation

Ask which part of the account was unclear. Distinguish a factual correction from a preference about style.

3. Choose one action

For this example: distinguish your own contribution from the team result, without taking credit for others' work.

4. Use fresh material

Discuss a different experience from education, work or everyday responsibility. Do not rehearse the same revised answer indefinitely.

5. Check and continue

Ask a listener to describe your role. Note what remains unclear and bring that question to your next review.

Coaching arrangements

Actual Academy feedback may be written or verbal, with an individual follow-up plan. Agree scope and format before starting. This sample is not a promised report template. No selection score or guarantee is provided.

Your preparation review log

Print and write - keep personal details private

Exercise, date and practice conditions

What did the reviewer observe?

What needs clarification?

One next action to try

Fresh practice: what did I attempt?

Follow-up: what changed and what remains?
