

GETTING STARTED GUIDE

ASSESSMENT CENTRES

Brunel University of London



- **Have you recently been invited to your first assessment centre?**
- **Curious to find out more about what to expect?**
- **Want to learn strategies to help you make a positive impact?**

Read this useful guide and explore the recommended tools and resources to supercharge your assessment centre preparation.

WHAT IS AN ASSESSMENT CENTRE?

Many graduate recruiters and placement employers use Assessment Centres to assess multiple applicants at the same time.

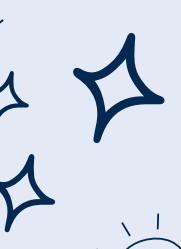
These typically involve tasks and exercises that simulate the type of work you might be expected to do if you joined the organisation.

This could include both individual and group activities to showcase your key skills and suitability for the role.



GET PREPARED

- **Research:** The job and the organisation.
- **Review:** Key skills and their definitions.
- **Practice:** Psychometric tests, case studies, group activities, and interviews.





Top Tip! You may find it helpful to bring the results of any activities you complete to discuss during your appointment.

FOUNDATIONAL KNOWLEDGE



TO WATCH

PLAY **How to succeed at assessment centres** (33-minute video)



TO READ

- **All about assessment centres**
- **Tips on giving presentations**
- **Interview guides**

WHAT DOES AN ASSESSMENT CENTRE INCLUDE?

Group discussion exercises

Comprehensive guide (Graduates First)

Tailoring your approach (Target Jobs)

Examples (Indeed)

Case study analysis

Detailed guide (JobTestPrep)

Advice (Target Jobs)

Common questions (YouTube)

Presentation skills

Overview (Graduates First)

Preparing & delivering (Assessment Day)

Tips & advice (YouTube)

In tray (e-tray) exercises

Comprehensive guide (Graduates First)

Practice materials (Assessment Day)

Role play scenarios

Examples & tips (Graduates First)

Practice scenarios (Assessment Day)

Explanation with examples (Practice aptitude)

Psychometric tests

Questions & answers (Practice Aptitude)

Practice tests (JobTestPrep)

Practice materials (Assessment Day)

CHECKLIST

Used job description to identify key/essential skills.	☐
Reflected on your top 5 skills and how you might bring these out authentically.	☐
Listed activities you are being assessed on at the assessment centre.	☐
Completed all the relevant exercises and activities listed above.	☐
Considered key learnings and activities you feel confident about.	☐
Compiled all the additional questions you have to increase your confidence.	☐

Notes:



Need more support?
Click here to book an appointment

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