



Lifestyle-Related WAT Bible

Most Common WAT Topics with Sample WATs

Hi,

Welcome to the Written Ability test or 'WAT' section for your MBA Admission process!

The WATs in this section have been curated by alumni of top business schools like IIM A, C, SP Jain, and SCMHRD. Few authors have been panellists for top business schools and have formal experience in taking interviews of the candidates.

The document and content below have been created concerning the past 5 years of WAT experiences for the top B-schools and will be useful for a quick walkthrough. Each category covers a wide range of topics followed by sample WATs. We recommend you read through the topics and the sample WATs for greater insights. Hope these add to your preparation and help you in levelling favours up your game plan in the admission process!

All the best!

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Written Ability Test (WAT) Preparation

WAT or Written Ability Test is one of the two shortlisting rounds conducted by b-schools to assess the candidate's reasoning abilities and written communication skills. The WAT concept started anew last year by top IIMs of the country (Indian Institute of Management) to replace the group discussion round (GD). Many other B-Schools followed the lead of this protocol and have incorporated WAT as one of their selection parameters for MBA Admissions. Major IIMs and other top b-schools of the country award a significant weightage to the WAT round (more than 20%), the second stage of their shortlisting process. This article summarizes all the tips and strategies devised by CL experts to help you with your WAT preparation. Without further ado, see how one should take necessary steps anent WAT Preparation to crack it successfully.

What is meant by WAT?

WAT (Written Ability Test) is a written examination that includes one unique essay question a student needs to answer within the time bracket of 10-20 minutes. This round is conducted somewhere between early afternoon to late afternoon. The style and type of the essay differ across several institutes. The WAT round's primary purpose is to evaluate the candidate on four major proficiency strands, i.e., understanding, fluency, problem-solving, and reasoning. This round is similar to an essay competition. Several IIMs (including new IIMs and Baby IIMs) have replaced the original group discussion round with the WAT round. The reason for this modification was threefold; the inability of candidates to creatively construct their opinions during the earlier group discussion round, the GD room's chaotic environment, and the lack of confidence amongst candidates to speak up their part without any hesitance.

What are the pivotal factors in any plan?

- The objective.
- The resources.
- The time available.

The objective is to compose an essay that displays clarity of thinking, simplicity of phrasing, breadth of viewpoint, and robustness of logic.

The following are the resources: We don't have any reference materials, so this is a little tough. As a result, we must rely on our memories. The assignment is somewhat easier if the topic is open to interpretation and allows the writer to pick a framework for debate. When it comes to a certain issue (such as 'The Demonetisation in India,' for example), we must rely on our existing understanding of the subject. As a result, all WAT candidates must be current on current events.

The amount of time you have: We must divide our time correctly among the essential processes, regardless of how much time we have, rather than committing it completely to the act of writing. Let's pretend we have 20 minutes on our hands to better comprehend the procedure.

How to approach a WAT:

1. Understand your topic: Read the topic carefully and try to understand what is being conveyed
2. Take a stand: Based on your understanding, form your opinion and build your pointers.
3. Connect the dots: Organize your points and build your WAT.
4. Conclude: Make sure you conclude the essay well and proofread it before submitting it.

Types of WATs

The following types of WATs have been observed in the past 5 years:

1. Abstract based WAT
2. Business-related WAT
3. Current affairs-based WAT
4. Lifestyle based WAT
5. Philosophy based WAT
6. Politics based WAT
7. Science-based WAT

Let's dive into each type!



Lifestyle-related WAT

Lifestyle WATs are all about what happens in your everyday life. It can include topics like Health is Wealth, why are we stressed out, etc. This type of WAT is there to test your take on the day-to-day affair of your life. In this type of WATs, try to relate it to your own life. Write it like a story.

How to approach Lifestyle-related WATs

We all have different type of lifestyles but knowing about other cultures are important and try to think about the pros and cons

Sample Lifestyle-related Topics:

1. Virtual Reality is the new lifestyle
2. East has started influencing the West
3. Money is the center of all happiness
4. Days should be lived not spent
5. Should Bhagwat Gita be taught at schools?
6. Do India has any role to play in the success of Indian American like Parag Agrawal
7. Health is wealth
8. Indian culture
9. Has Covid made us over-conscious about our health?
10. Impact of Covid-19 on Indian lifestyle
11. India's contribution to the world in Art & Culture
12. Is India losing its culture?
13. Though consumerism is polluting the earth, still why can't we stop consuming?
14. Should minimalism be accepted to decrease fast-consuming culture?
15. Is digital detox needed?
16. Is the new generation more aware of a healthy lifestyle?
17. How is western culture affecting us?
18. Money or happiness: can money make us happy?
19. Impact of video games on youth
20. How upbringing affects a child's confidence

Sample Lifestyle-related WATs

1. Impact of video games on youth

Pointers:

- a) Stating the positive and negative impacts of video games on youth.
- b) Conclude the topic

Positive Impact of video games:-

- Cognitive skills will be developed. Video games such as shooting drills and simulation games promote and develop a wide range of cognitive thinking, including accurate and fast decision-making skills. Along with the quick review, shooting games improve brain-hand coordination. Brain sharpening games, including puzzles and memory games, broadly impact the logical reasoning skills of the player.
- Multiplayer games are played using LAN servers that can connect players within a confined area. For highly introverted children, a platform like this helps them interact with numerous people on chatbots and break social awkwardness.
- With cut-throat competition among the present youth, students are increasingly confined to four-walled rooms and made to join coaching institutes at an early age. Hence, video games pave the way for such students to release their stress and freshen up their minds.
- Famous games like DOTA, COD, Clash Of clans encourage youth to play in groups, forever have writing developing, connecting with different people worldwide. Such multiplayer gaming sessions incorporate the efforts of every player leading to the combined victory. This coordination requires a lot of teamwork.

Negative Impacts:-

- Adolescents and children tend to get emotionally attached to certain kinds of games, which in turn results in the risk of aggression and violence. They become incredibly touchy about minor issues and don't accept defeat easily. A sense of sportiness becomes absent in such game addicts.
- Too much addiction can lead to negative results with the instant drop in academic grades. Late-night gaming sessions consume a lot of time once it gets addictive, and thus, children find it hard to cope with their studies in school and tuition.
- Spending too much time in front of screens leads to weak eyesight and chronic muscular and postural disorders. Apart from this, children catch a habit of eating their meals in front of computer screens. This, in turn, leads to obesity and lethargy.

- Around 5-6 hours are spent playing video games on PS4 and Xbox, which eats up the time used by children playing outdoor sports and socializing with the real world. Later on, this leads to awkwardness in social gatherings and get-togethers, and students are good at public speaking and have stage fright, which inhibits a child's personal growth.

Conclusion:-

Games like Blue Whale became an addiction that spread across Argentina, Bangladesh, Saudi Arabia. Reports showed the suicide of a 13-year-old child who used his PlayStation wire as the final challenge of this game. One can say that nothing is better than gaming done with mindful involvement. Parents must take careful measures to control such addiction, which sometimes leads to admitting their children to rehab centers. So, gaming done in a cheerful environment is the best pastime children can have.

2. East has started influencing the West

Pointers:

- a) Introduce how the West has always influenced the East in the field of democracy, dressing sense, lifestyle etc.
- b) How has the paradigm shifted in modern days?
- c) Briefly describe how the Western culture is getting influenced by the eastern culture in recent times?

There was a time when the east used to get influenced by the west. There is no denying the fact that it is still getting influenced. We learned their dressing sense, their healthy lifestyle, their education system, even that we learned democracy from them. We owe them a lot. However, recently tides have changed a bit. We are now influencing the west. Western countries are getting influenced by us. They are learning about our languages like Sanskrit and Tamil. These languages are considered the mother of all languages. Both these languages are more than 5000 years old. They have also learned about yoga from us. Ayurveda is also a gift of India to the world. We also have International Yoga Day nowadays which is celebrated to instill the spirit of yoga in youth. Our religion and our dress code are also influencing western culture.

3. Health is wealth

There is an old saying, “Health is Wealth”. There is no doubt that if you are healthy you can very easily become wealthy. However, if you are wealthy but don’t have good health, there is no use of all that money. A healthy life is a key to all happiness. When you follow a healthy lifestyle, eat healthy food, do exercise daily, laugh often, and be in good mood, you will surely reap the benefits. You will be able to concentrate easily and would be able to finish up tasks quickly. Being healthy will help you get more things done in less time which will increase your wealth. A healthy person can keep his surroundings happy and so more and more people would like to be associated with you.

There is no substitute for health. You should spend at least an hour daily in exercise. Don’t skip your breakfast and eat a healthy diet. Keep a lot of protein in your diet and some amount of carbs and vitamins. Be happy and try to keep everyone around you happy. This way you will be able to follow a healthy lifestyle. A good and healthy lifestyle implies that you will earn a lot of money.

4. Days should be lived not spent

We have always been taught that we should live our life to the fullest. Live your life such that you have no regrets tomorrow. You should not say in your old age that it would have been better if I would have done XYZ thing. You should leave no room for guilt. If you want to start your own business, do it right away. If you want to represent India in Olympics, go ahead and follow your dream. Just imagine what would have happened if Sachin Tendulkar would have focused only on his studies and not pursued cricket. What would have happened if Shah Rukh Khan would have not tried his hands in acting! Even after repeated failures he kept on striving hard and made a mark in the field.

We should learn from these stars and live our life to the fullest. Don’t waste your energy in complaining and being offended by someone else. Forgive everyone and love everyone. You are here to spread love and happiness. Do that. Always.

5. Money is the center of all happiness

I don't think money is the center of all happiness, however, it is needed to get happiness. See, I am not saying that you should do anything to earn money. There is a limit to everything. Money can't buy you everything. However, it is always better to cry in a bungalow than to cry in the streets. A millionaire will also have health issues and a beggar as well. However, the facilities that a millionaire will get are far away from the reach of beggars. So, it is all about money.

If you have the money you can get a good education which will help you boost your career. If you have money, you will be able to travel far and wide. You will have the freedom to do whatever you deem necessary. All these things, freedom, peace of mind, these things are very important for being happy. Life is meant to be lived, and money helps you live your life to the fullest. Consider money as the fuel in the car. Fuel helps the car to move from one place to another. However, its work was not to solely earn for fuel. Its work was to help you enjoy the journey. Similarly, money helps you enjoy your life journey.

