What is the Global Assessment Tool (GAT)?

TASK: Discuss the Global Assessment Tool (GAT)

CONDITIONS: Discussion and Q & A

STANDARDS: Understand the importance of the GAT 2.0. Learn about all the measurement standards and how to leverage the information

REFERENCE(S): http://csf2.army.mil/

What is the Global Assessment Tool (GAT)?

The GAT 2.0 is a confidential, self-assessment tool that can help improve you and your family's overall health and wellbeing.
GAT 2.0 allows the Soldier to assess their inner strengths (by survey) in the 5 dimensions of strength Emotional, Social, Spiritual, Physical, and family areas.
The survey is mandatory annually for all non-deployed Soldiers.

Once the survey is complete, elements are quickly evaluated from scientifically validated scale and displayed showing weaknesses and strengths. Solders can then select from a wide variety of Comprehensive Resilience modules to build on identified weaknesses and be more flexible in dealing with the challenges of every day life.

Skills learned can be applied in almost every aspect of your daily life. If deployed, in combat, in garrison and in or outside the Army.

Spouses are highly encouraged to assess themselves to better prepare, be more resilient, for the day to day life with the military spouse.

What is the Global Assessment Tool (GAT)?

Online Self-development

- Users will be directed to the Army's new socially-enabled online self-development platform and will:
  - Allow individuals to confidentially assess their physical and psychological health, fitness and performance
  - Resources to improve user's RealAge (risk of premature death from accidents, heart disease, cancer, and other causes) and performance triad
  - Build community and groups to compete and connect with others
  - Connection to existing DoD services, information, training, and advice targeting personal development
  - Social messaging capability to communicate with peers and organizations around the world
  - Targeting of existing resources at installations
  - Progress tracking, personalized fitness news and applications, activity monitoring integration
  - Email and wall posts tailored to the needs of the individual