

Group Discussion Practice Workbook

25 practice topics, a self-evaluation sheet, a mock GD scorecard, and a weekly improvement tracker, all in one place. Pairs with our full guide, [Group Discussion in Personality Development](#), on PersonaGuru.in.

How to Use This Workbook

Pick one topic a day from the list below. Speak on it out loud for two minutes, alone or with a friend. Once a week, run a full mock group discussion using the scorecard, then track your progress on the tracker at the end.

25 Group Discussion Practice Topics

For Students

1	Should exams be replaced with continuous assessment?
2	Is social media doing more harm than good for teenagers?
3	Should college attendance be optional?
4	Should coding be a compulsory school subject?
5	Is online learning as effective as classroom learning?
6	Should students be allowed to use AI tools for assignments?
7	Is competitive exam pressure doing more harm than good?
8	Should sports be given equal importance as academics?

For Working Professionals

9	Is remote work more productive than office work?
10	Should companies pay for employee mental health support?
11	Is artificial intelligence a threat to entry-level jobs?
12	Should a four-day work week become standard?
13	Is skills-based hiring better than degree-based hiring?
14	Should employees be allowed to work for two companies at once?
15	Is work-life balance a myth in high-growth careers?
16	Should performance reviews be replaced with continuous feedback?

General and Current Affairs

17	Should social media be regulated by the government?
18	Is traditional media still relevant in the age of social media?
19	Should electric vehicles be made mandatory within 10 years?
20	Is consumerism damaging mental health?
21	Should influencers be held to the same standards as journalists?
22	Is urban migration good or bad for smaller towns?
23	Should India invest more in space research or public health?
24	Is privacy dead in the digital age?
25	Should a universal basic income be introduced?

Self-Evaluation Sheet

After each practice session, rate yourself honestly on these five areas, from 1 (needs work) to 5 (strong).

Skill	1	2	3	4	5
Clarity of speech					
Active listening					
Confidence					
Staying on topic					
Body language					

Mock GD Scorecard

Use this when practicing with a group of friends. One person observes and scores everyone else using this card, then swaps roles next round.

Participant Name	Communication	Listening	Confidence	Teamwork	Total (/20)

Score each column from 1 to 5. Add all four for the total out of 20.

Weekly Improvement Tracker

Use this alongside the 7-Day Group Discussion Practice Challenge from the full guide. Fill in one row a day.

Day	Topic Practiced	Self-Score (1-5)	One Thing to Improve
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Reflection

What changed the most between Day 1 and Day 7?

Read the full guide: [Group Discussion in Personality Development](#), only on [PersonaGuru.in](#)