

The Psychology Application
Foundations

Why your psychology applications
aren't working
and
how to fix them.

Designed for entry level traineeships/roles

By Shades of Psych
shades-of-psych.com



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FREE GUIDE

Why most psychology applications get rejected:

- *The applications are too vague*
- *Applicants are listing skills rather than evidencing them*
- *There's no clear link between your experience to the roles*
- *They sound repetitive like other participants*



Stop saying: "I want to help people"



Start doing: Specific, evidence based, role relevant answers!



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Get specific about your interests

Many applicants see roles as a way to just gain experience, and don't truly reflect on their areas of interests.. Spend some time reflecting now on:

What specific problems are of interest to me?

What population do I want to work with?

What stage of support interests me?

Now write your area of in one sentence:



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What to do next?

If you found it difficult to clearly answer these questions, you're not alone. Most psychology applicants struggle to move from interest to clear, evidence-based answers, which is why applications often sound vague or repetitive.

Spend some time now linking the your interests and experiences together, reflectively thinking about how you can now apply them to the role in mind.

If you want to take this further, the full **From Reflection to Application: The Psychology Application Framework booklet** will help you:

- Break down your experience in detail
- Clearly link your skills to the role
- Turn your reflections into strong application answers

Access the full workbook *here*: shades-of-psych.com

About Me:

Hi, I am Jaydee.

I support psychology students and graduates in developing stronger applications for competitive psychological roles.

Need more support?

If you'd prefer personalised feedback or 1-2-1 support on your application or career. You can book here: <https://shades-of-psych.com/1-2-1-career-support/>

Stay connected:

For more application tips and guidance Follow me on Instagram/TikTok:

[@shadesofpsych](https://www.instagram.com/shadesofpsych)

Through Shades of Psych I also explore topics on psychoeducation and psychology in practice.

Remember, most people don't lack experience they just struggle to explain it



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