Resource Appraisal Tool

Name of the resource:

1) Will this resource be helpful to you?   Yes ☐   No ☐   Unsure ☐

- What is this resource offering me? (e.g. mentoring, information, advice)
- How will this resource be helpful to me? (personally and professionally)
- Will it help with application/interviews?
- Will it help me to develop relevant skills?
- How does the knowledge/skill it provides link to clinical experience?
- Does it help me reflect on my experiences?

Consider your own goals and areas for development, then find resources to match these. Think about how the skills developed from using the resource might be used in clinical practice (i.e. applying knowledge and skills rather than just learning or memorising).

Thoughts and reflections...

2) Does the resource reflect appropriate values? Yes ☐   No ☐ Unsure ☐

- Does the resource match the values of the universities you are applying to?
- Does it match the values of a clinical psychologist (e.g. reflective, compassionate, honest, inclusive)
- Does the language used align with clinical psychology (e.g. it's worded sensitively, it doesn't sound overly medical)

Consider what is important to the universities you are applying to. All universities have their own ethos and they can look for different things. For example, if you are applying to a university that values reflective practice, consider how the resource will help to develop this skill.

Thoughts and reflections...

3) Is this resource credible?   Yes ☐   No ☐   Unsure ☐

- Did it come from a reliable source?
- Does the creator of the resource say who they are? If so, is there any way of checking this?
- Is the creator being honest, open and clear about what they offer?
- How was the resource advertised?
- Are they making false promises? (For example, promising a place on the course, promising to 'fast track' your application, claiming that the resource will put you ahead of other applicants)

Some resources could contain inaccurate content, even if they claim they will be helpful. Some ways of spotting misleading resources include looking out for the language that is used in advertising – no resource can guarantee success onto the course, and no single resource is necessary for you to get a place!

Thoughts and reflections...

4) Is the resource still relevant at this time?   Yes ☐   No ☐   Unsure ☐

- When was the resource created?
- Was the application process the same then as it is now?
- Have there been developments in the field of clinical psychology since then?
- How is the role different now compared to then?
- Does the use of language appear outdated?
- What political/cultural context was the resource created in?

The application process and the field of clinical psychology continues to change and adapt over time. There may be some resources that were helpful 10 years ago, but are now outdated. This does not mean they will not be useful, but it is important to consider the advice or information in context.

Thoughts and reflections...

5) Is this resource the best one for its purpose?   Yes ☐   No ☐   Unsure ☐

- Are there any similar resources out there, and how does this one compare?
- What stands out about the resource that makes you think it will be more helpful than others?
- Have you considered other people's reflections on the resource?
- Does it develop different skills than other resources you have used?

There are so many resources to choose from that it can feel overwhelming. Many of them offer similar things. Remember that you do not need to use every resource you can find, and it is better to choose a smaller number of quality resources to match your goals. Some resources are paid, but cost does not equal quality!

Thoughts and reflections…

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6) Does this resource suit you personally?   Yes ☐   No ☐   Unsure ☐

- What is your context and how does the resource support this? (e.g. your cultural background and personal characteristics)
- Does it match your personal values?
- Does it match the way you learn best?
- How will this be helpful for me personally?

It is also important to reflect on your personal values and life experiences when thinking about resources. We all come from different backgrounds and learn in different ways, so try to find the right fit for you!

Thoughts and reflections…