

# Top Well-Being Tips For the Application Process

## Mute your Notifications

During application season social media can be overwhelming. Muting notifications or limiting which apps you use can be helpful

## Be mindful of asking too many people

You can end up with lots of conflicting information if you ask too many people for feedback on your application



## Self-care

Try to make some time to look after you, engage in hobbies or things you enjoy doing and have some down time



## Try not to listen to the horror stories

There can be stories about it taking lots of attempts to get on the course. Whilst this can be case it it doesn't always take multiple applications



## Find the University that is right for you

There are so many different universities you can apply for. Finding the one that is right for you and fits your values can be really helpful for the application process and course itself

## Acknowledge that others may not understand

The DClin process is very different to your average job application. Your loved ones may not understand why it is so stressful. Explaining the process so they can be there for you can help

