

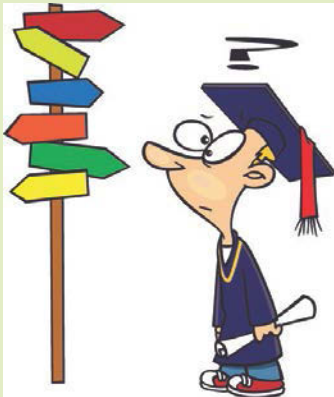
Educational Psychology Assessment

A Young
Person's Guide

Children's Service: Educational Psychology Service

INTRODUCTION

Sometimes we have problems that might only last a short-time and we can solve these problems on our own. Other times we might feel stuck when the problem doesn't seem to go away. Your parent/carers and other adults can try to help you and sometimes this might help you feel better. If things don't get much better and your parent/carer agrees, they or your school might ask an Educational Psychologist to help.



WHAT IS AN EDUCATIONAL PSYCHOLOGIST?

An educational psychologist is someone who is specially trained to help you and adults understand: -

- how your brain works
- how we learn
- how we behave
- how we manage our emotions
- how we make friendships

An educational psychologist can help you and others solve problems and can help to find positive solutions.

WHY WOULD A PSYCHOLOGIST GET INVOLVED?

Your school will have an educational psychologist that they can contact when they need to request support.

Teachers and parent/carers might want to know how they can give you more help with your learning or behaviour.

They might want some advice because they think that you are feeling unhappy in school.

If you and your parent/carer agree, a psychologist could become involved to find out what is needed to help you.

WHAT WILL A PSYCHOLOGIST DO TO HELP ME?

The psychologist will want to get as much information about you as they can, to try to work out how to help you. This is likely to involve a meeting with your parent/carers, your teacher and other people you work with, for example if you have a social worker. You have a right to be part of this meeting if you want.

We would want to find out:

- what you are good at and what is going well for you,
- what the concerns are,
- what has already been done to help you

We will then work together to make a plan to improve things.

Sometimes there might not be a need to see the psychologist after the meeting because solutions have been identified.

Sometimes the psychologist might ask you if it is okay to come to your class to see how you learn, to look at your work, to meet with you to complete some activities or to listen more to your views. A further meeting would take place to discuss new ideas to help support you.

WHAT ABOUT MY VIEWS?

Adults have to listen to your views. You will know why a psychologist is involved and what to expect. If you are under 12, your parent/carers have to say it is okay for the psychologist to work with you. If you are older than 12 you can say whether you want the psychologist to work with you or not. Your parent/carers and teacher will be able to provide advice for you to help you decide what to do.



WILL ANYONE ELSE KNOW THAT A PSYCHOLOGIST IS INVOLVED?

Sometimes you might want to say to other people such as your friends that a psychologist is helping you. Sometimes you might want to keep this information to yourself. It is up to you who you share this information with.

CONFIDENTIALITY

Sometimes it is difficult to talk about things that might make you sad or unhappy. The information you provide to the psychologist is confidential, which means it is kept private unless:

- you say it is okay to share the information with others,
- you tell the psychologist something that is serious and they need to know that you and others are safe, then other adults will need to know

about this information. The psychologist will tell you if your information needs to be shared.

WHAT HAPPENS TO THE INFORMATION ABOUT ME?

All the information about you will be stored in a case file, which is then stored in a locked cabinet. You have a right to see the information that is written about you.

COMMENTS

Sometimes the psychologist will ask you if you have found their input and advice helpful and they will also ask you if there is anything that they could have done better. The Educational Psychology Service is always looking at ways of improving what we do therefore if you have any suggestions or comments or if your parent/carers have any suggestions or comments, please let the psychologist or the educational psychology service know. Our contact details are at the end of this leaflet.



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