



**Clackmannanshire  
Council**

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# Educational Psychology Assessment

**A Young  
Person's Guide**



Educational Psychology Service

## What is this booklet for?

This booklet will help to explain what an educational psychology assessment is.



## What is assessment?

Assessment is gathering information about how someone is doing in their learning, or about how they are feeling. There are lots of ways of getting this information. Schools often use tests and exams, but there are other ways, like looking at examples of pupils' work, and talking with young people as well as adults like teachers and parents. The information is used to change what people are doing to help you so that you can do better and feel happier.



## Why would the psychologist become involved?

Teachers and parents 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. An educational psychologist is specially trained to help.

## What will the Psychologist do?

The psychologist will want to get as much information about you as they can, to try to work out how to help. This is likely to involve talking with you, your parent(s), / carer, your teacher, or other people you work with, for example if you have a Social Worker. It might involve coming into your class, looking at your work or asking you to complete some activities.

## What about my views?

You can ask for an assessment, and you can also say if you don't want the assessment to be done.

Adults have to listen to your views. You will know why an assessment is being done, and what to expect. If you are under 12, your parents have to say it is okay for the assessment to happen.



## What will happen after the assessment is finished?

Usually there will be a meeting to talk about the assessment and to think of ways to make things better for you. You have a right to be part of this meeting if you want. You also have the right to be given information about what has been said if you don't want to go to the meeting.

The psychologist may write a report. S/he will share this with you, to talk over with you what s/he thinks might be causing the problem and what s/he thinks might help.

A plan will be agreed which suggests the changes that will be made to help you. These changes might be made at home, or school, or both. Often you might be asked to try a different way of doing things to see if it helps. Sometimes there might be more assessment later to check if the changes have worked or if something different needs to be done.



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