



A guide for pupils

Educational Psychologists their role and how they can help you



The Educational Psychologist may do some work and games with you. This is to help them understand more about your thinking learning and emotional well being.

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2

Where will I see the Educational Psychologist?

The Educational Psychologist will see you by yourself or with a trusted adult in a quiet place in school. You can opt out if you choose. You may notice us observing in your classroom or speaking with your teachers.

Sometimes Educational Psychologists visit young people and their families at home.



Your parent/carer will have agreed that the Educational Psychologist can meet with you

4.

What is an Educational Psychologist?

An Educational Psychologist is a person who visits schools, colleges or other places where children learn to see how the pupils are getting on. Their job is to help people to do the best they can in school.

Educational Psychologists are people who have trained to work with young people. They try to understand how they behave and learn.

Educational Psychologists work with parents, teachers and other adults as well as meeting with young people.



5.

Educational Psychologists see lots of young people for many different reasons.

They could need help with:

- Enjoying school
- Feeling worried / anxiety
- Feeling angry
- Worries about friends/ social media / peer pressure
- Getting on with other people
- Helping with decision making
- Helping you find solutions
- Moving to a new school
- Understanding lessons and helping you understand your learning style and strengths
- Concentrating

Sometimes it is a mixture of things. It may be something not on this list!



What will happen when I see the Educational Psychologist?

The Educational Psychologist is interested in how you think, learn and get on with other people.

They will ask you about yourself. This will include questions about the things you like doing, and don't like doing. They will be interested in what you are good at and what you have difficulty with.

