

Consultation process

Who are we?

The Educational Psychology team are Educational Psychologists and Psychology Assistants who work with children, young people, their families and schools. We are interested in understanding and planning ways to help you learn better and enjoy school more.



1. Explore (assess)

To help us understand you, we may:

- talk to your parents/carers, teachers and other adults who help you.
- look at the work you are most proud of.
- take time to listen to your thoughts and feelings.
- visit your class and find a quiet place to work with you.
- do some activities with you.



2. Plan

- We will have a meeting with your teachers, parents/carers and Educational Psychologist.
There may also be other people who are interested in supporting you (e.g. Speech and Language Therapist, Medical Professional).
- We will use our understanding of your strengths and challenges to come up with ways to support you.
- You may also be involved in the meeting.
- Your plan may include: learning, emotions, friendships and physical needs.



3. Do

- The adults around you will begin to put strategies in place to help you achieve your goals.
- Everybody will have different strategies. Your strategies may include: one-to-one support, support with your peers, activities to do at home and resources to help you learn.

4. Review

- Teachers will make a date to review your plan.
- You and your parents/carers will be asked your thoughts on how it is going and whether we need to try something new.

