

# What is an Educational Psychologist?

## Information for Children and Young People

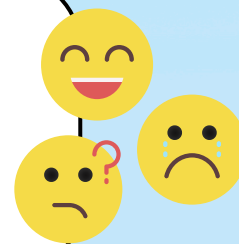


### Who are we?

An Educational Psychologist (EP) helps children and young people with their learning and wellbeing by finding out what is going well at school and what you might be finding hard.

### Why might an EP come to your school?

- To find out how to help you with your learning and feeling happy
- To listen to you and hear your ideas
- To speak with your teachers, parents or carers, to understand what will help you at school



### What might an EP do when they meet you?

- Talk with you about what you enjoy, what you might need help with, and how people in school can help you.
- Play games or puzzles to see how you think and solve problems
- Visit one of your lessons or break times
- Have a look at your workbooks

When you meet the EP, you can always **ask questions, take breaks, or say if you're not sure about something.**

If you are worried about meeting with the EP, talk to an adult like a teacher or a parent or carer, who can help you.

### What will happen afterwards?

- The EP shares ideas and suggestions for you and your learning and wellbeing with the adults who know you best. This could be in a meeting or in a written report.



Most important of all...

### Your voice matters

The EP's job is to understand you and to help adults support you in the best way possible.