



## **Frequently Asked Questions about Psychoeducational Assessment**

### **Q: What is a psychoeducational assessment?**

**A:** Psychoeducational assessment is an evaluation conducted by a certified educational or clinical psychologist to determine whether your child has developmental and/or learning challenges. It measures different types of reasoning, memory, and working efficiency, in contrast to learned knowledge like math facts or vocabulary definitions. Assessments allow parents to gain deeper insight into a child's strengths and challenges in relation to their age group peers.

### **Q: My child's teacher referred him/her to see a psychologist for assessment. Does this mean my child has mental health issues and/or is unable to learn?**

**A:** Children are often referred to us because they have been experiencing challenges in school that prevent them from learning at their fullest potential. These challenges could be in the areas of social, emotional, academic and/or behavior. Every child can learn, but they often have different learning styles and learn at different rates. Through a psychoeducational evaluation, parents and teachers can gain better understanding about a child's strengths, as well as areas for improvement, so that parents and teachers can utilize different strategies to help support the child, and allow him/her an opportunity to achieve full potential.

### **Q: I have not made up my mind about an assessment for my child, but would like to find out more information about how to support my child. Can I ask your psychologist some questions?**

**A:** Yes, we believe that parents should make an informed decision regarding their child's education. Parents are welcome to schedule an appointment with our psychologists for a 15-minute free consultation to ask questions. If you would like to discuss concerns about your child further, you will be charged at our hourly rate.

### **Q: I am afraid my child will be labelled – what are the benefits of being identified as an exceptional student?**

**A:** Teachers can set reasonable expectations for students who are identified as having special needs, and create individualized education programs designed to meet their special needs (depending on school curriculum). Also, students can receive more learning support after being identified as exceptional, such as extra time for exams.

**Q: What is included in a psychoeducational assessment?**

**A:** With the information gathered, we design an individualised comprehensive assessment for your child. Your child will spend two half-days with us when he/she will be given tests to measure overall intelligence, language abilities, visual-spatial processing, logical thinking, problem-solving skills, memory and learning ability, and attention and self-regulation skills. Your child will also be given tests that assess his/her academic skills in reading, writing and math. Tests of reading processing and social-emotional skills may be added depending on the referral reasons and your child's challenges. If your child cannot finish testing in two sessions, we will schedule additional time to test without any extra cost.

**Q: Where do you test/assess my child?**

**A:** We typically assess students in their school, in an environment familiar to them to minimize potential stress and worries so they have the opportunity to demonstrate their best ability. As part of the assessment, we also observe students in school to see how their challenges affect performance.

In some instances, face-to-face assessment may not be possible. In these situations, the assessment will be carried out virtually through video conferencing and we may ask you or your child's teacher to help us facilitate the assessment.

**Q: What language will my child's assessment be conducted in?**

**A:** The cognitive assessment will be conducted in your child's primary language. The academic assessment will be done using the language in which your child receives instruction.

Our psychologists are tri-lingual. Assessments, interviews, and communication can be conducted in English, Cantonese, or Mandarin.

**Q: What do I need to prepare for the assessment?**

**A:** In our experience, it is best to explain to your child about testing beforehand. You can tell them that the psychologist helps children do well in school and will do some work with them in school or virtually through video conferencing. You can tell them that some of the work is different from what they do in school, and other work may be similar. You can also tell them that the psychologist will help them to do their best.

In preparation for the assessment, please make sure your child gets a good night sleep before testing. They can bring a snack and water bottle to the testing sessions.

**Q: If the school does not know about the assessment, should I tell them?**

**A:** The answer often depends on the amount of support available in your child's school. If your child's school has learning support services for students, it would be beneficial to inform your child's school about the assessment so his/her teachers can provide information and observations of your child as part of the assessment to help us gain insight into performance in school.

**Q: What are the steps after undertaking a psychoeducational assessment? How long before the report is ready?**

**A:** Our assessment starts with a parent interview where we meet with you to gather information about your child's learning and development. Please bring your child's school report, any past assessment reports, and work samples.

To understand your child's learning at school, we send forms to teachers. We also arrange a school visit with the teacher in order to observe your child in his/her natural learning environment. The report will be generated 6-8 weeks after all assessment meetings with your child are completed.

**Q: What happens during the feedback session? Will the report have recommendations for school and home?**

**A:** About 6-8 weeks after testing is completed, the report will be ready to share with you in a parent feedback meeting that your child does not need to attend. The psychologist will share results and explain key strategies that you can use at home. You should share the report with your child's teachers since they will need to review recommended strategies to support your child at school. After teachers receive the report, the psychologist can discuss with them about findings and recommendations over the phone at no cost, while a school feedback meeting will be charged at our hourly rate.

**Q: What should I do after the feedback session?**

**A:** You may receive a lot of information during the feedback meeting where we share your child's assessment results and recommendations with you. It may take time to figure out what to do after the assessment to best support your child. First, we strongly recommend that you share the evaluation report with your child's school, and work with the school to find the best ways to support your child. Second, if your child needs additional support outside school, such as therapy or medical attention, please follow up with related service providers.