

## What do educational psychologists do?

Educational psychologists help young people who find life at school difficult. They look for ways to change the situation in order to sort out the difficulties. To achieve this, they may:

- look at school work;
- find out more about your strengths and weaknesses;
- talk with you, your teachers and parents;
- make suggestions for change;
- advise on ways forward.

Sometimes the educational psychologist will meet you along with other people such as your parents and teachers. In other circumstances you might meet with the educational psychologist on your own. The educational psychologist will listen to your views in a discrete and sensitive manner.

## Do you have a say about involving the school's educational psychologist?

Yes. The school psychologist will usually only become involved if you agree to this. Any suggestions will be discussed (and agreed) with you.



For more help or advice or a copy of this leaflet on audio tape, in large print or in other languages, please contact:

ਇਸ ਦਸਤਾਵੇਜ਼ ਕਾਗਜ਼ਾਤ ਦੀਆਂ ਹੋਰ ਕਾਪੀਆਂ, ਮੰਗੋ ਜਾਣ 'ਤੇ, ਅਊੱਠਿਓ ਟੋਪ ਉੱਪਰ ਅਤੇ ਵੱਡੇ ਅੱਖਰਾਂ ਵਿਚ ਅਤੇ ਕੌਮਿਊਨਿਟੀ ਭਾਸ਼ਾਵਾਂ ਦੇ ਵਿਚ ਮਿਲ ਸਕਦੀਆਂ ਹਨ. ਕ੍ਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

此文件有更多備份，如果需要，語言版本和大字體版本及少數種族語言版本也可提供，請聯絡：

ਕੌਮਿਊਨਿਟੀ ਭਾਸ਼ਾਵਾਂ ਦੇ ਵਿਚ ਮਿਲ ਸਕਦੀਆਂ ਹਨ. ਕ੍ਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

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## Renfrewshire Educational Psychology Service

### A Guide for Young People



## Who are we?

The educational psychology service is part of Renfrewshire Council's Education and Leisure Service. We are educational psychologists (EPs) who work with teachers, parents, and other adults to help children and young people make the most of their lives.



## Difficulties at school?

Any young person can experience difficulty at school. Often the difficulty sorts itself out but sometimes it is easier to overcome a problem with the help of others.

Young people can experience a wide range of difficulties at school, for example:

### Learning

- You may find school work too hard.
- You may have problems reading and writing.

### Social

- You may feel isolated at school and can't seem to fit in.
- You may find it difficult to make friends.

### Medical

- You may have a medical condition that means you need help in school.
- You may need teachers to understand your condition.

### Behaviour

- You have difficulty controlling your anger.
- You get into trouble regularly but can't stop what you're doing.

## Who can help?

Lots of people can be involved in helping you with any difficulty, and often these include the people who know you best (such as parents, teachers and guidance teachers). However, sometimes it is helpful to get advice from someone who is new to the problem. This could be your school's EP or a support teacher. You or your parents can ask the school's EP for help and advice. If you want to talk about this further, you should approach your class teacher or your guidance teacher first.

