

## What is the Educational Psychology Service?

Our team visits schools to work with teachers, parents / carers and young people. We try to help people to think of ways to make school better for you.

## What can we help you with?

We meet children of all ages who need help with,;

- School work
- Feeling unhappy about things
- Worrying too much about things
- Feeling angry or upset about things
- Relationships with others
- Regulating their behaviour
- Speaking and listening

## Why am I meeting with you?

Adults have asked a member of our team to work with you to find out how we can make things better for you at school.

## What happens if I've got some questions that I want to ask?

If you have any questions, you can ask your parents / carers or teachers, or the EP.



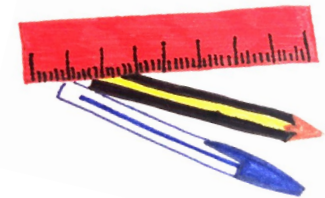
You can contact the service directly at:

Educational Psychology Service  
Bolton SICT  
Smithills Dean Road  
Bolton  
BL1 6JT

Telephone: 01204 338060



## Bolton Educational Psychology Service: A guide for secondary aged pupils



## What is an Educational Psychologist?

An Educational Psychologist (or EP for short) is someone who has been trained to understand how children develop and learn.

You may work with other members of our team who are learning or training to be EPs:

- Trainee Educational Psychologist
- Assistant Educational Psychologist

## Why am I meeting with you?

Adults have asked a member of our team to work with you to find out things that you are really good at, and things you might want more help with.

## Where will I meet you?

We may meet you and your family in school, or we may visit you at home.

## What will we do?

We will first check with your parent / carer that it is okay to work with you. We will then do different things to help make things better. For example, we may:

- Talk to you to hear what you think
- Talk with people who know you well
- Spend time in your classroom to see what sort of work you do
- Get to know you by doing some activities together

## What will happen when I meet you?

We are interested in what you think is happening at the moment. We may ask a number of questions, such as:

- How you work best
- What you like doing
- What you find difficult or may want to get better at
- What would help you at school
- How you would like things to change

A member of our team may ask you to do some activities to find out more about how you learn.

## What if I find it difficult to talk about how I am feeling?

We know that it can sometimes be difficult to talk about how you are thinking or feeling. We will help you to feel as comfortable as possible and will listen carefully to what you say.

You have a right to tell us if there is something you do not wish to be shared. The only time we are not able to keep something confidential is if something very serious that adults need to know about to keep you or someone else safe.

## What happens next?

We will have a meeting together (you can be part of this if you like) and come up with a plan to make things better.

After a while we will meet again to see if the plan is helping.

We will keep a record of the work we did together. We may write you a letter or share our work in another way and you can ask to see this.

