

Southampton Psychology Service

'Introducing Educational Psychologists'



**A guide for pupils,
parents and professionals**

FRONT COVER



This Booklet has been re-drafted by Dr. Ed Sayer (Educational Psychologist) on behalf of Southampton Psychology Service (updated January 2016).

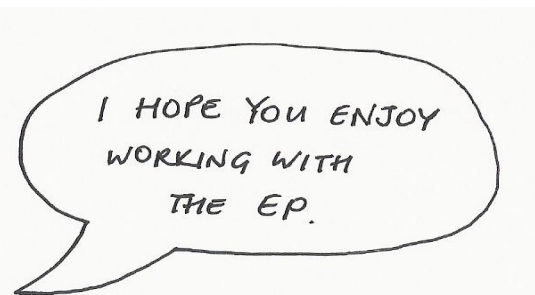
Previous versions have been published by Hampshire Educational Psychology Service (HEPS, 2004).



Hampshire
County Council



A version was also adapted for use by Hampshire Ethnic Minority and Traveller Achievement Service (EMTAS) by Ed Sayer, as a Trainee Educational Psychologist (June 2011)

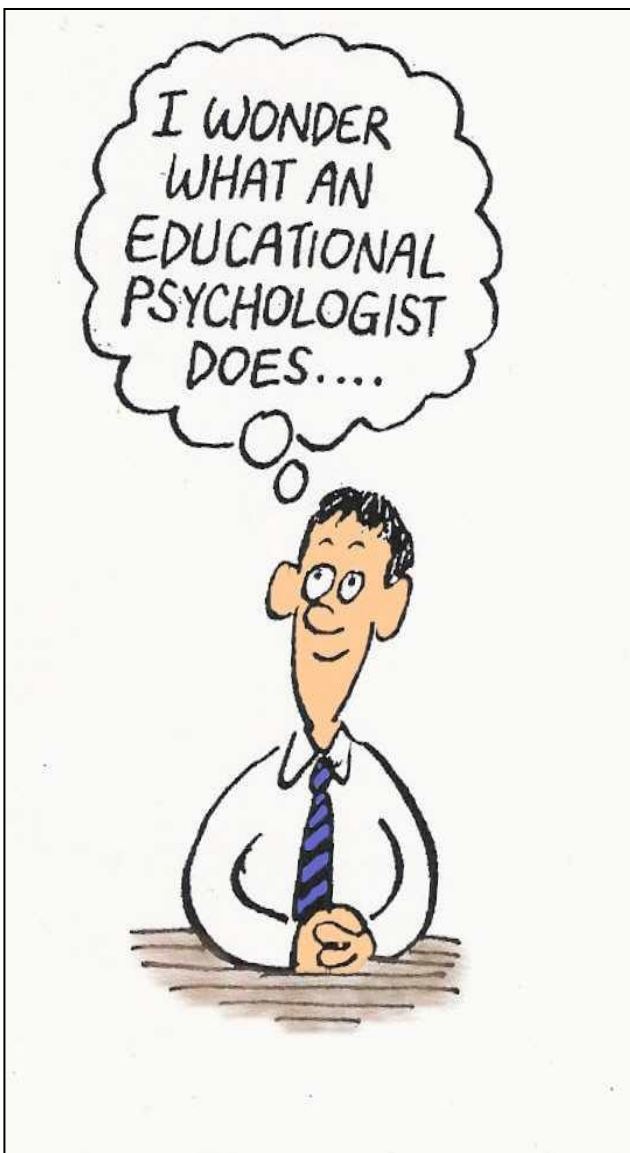


**Cartoon illustrations by
Kipper Williams.**

**Additional graphics were
sourced from Microsoft Clip Art.**

Who are Educational Psychologists (EPs) ?

This booklet will tell you about Educational Psychologists and the work they do with children and young people.



Someone may have asked you to meet an Educational Psychologist to talk and think about ways of supporting progress and achievement.

Psychologists are trained to understand how people think, feel, behave and get on with others.

Educational Psychologists (often called EPs for short) also know about teaching, learning and schools.

EPs work with children and young people of all ages to help them to develop skills and do their best at:

learning and school work



thinking, remembering and problem-solving



getting on with other people



understanding feelings and controlling behaviour



Why has the EP been asked to help?

People in school or at home may have already talked to you about:

- what things you are good at or like
- what things you might find more difficult
- how you are feeling



Usually the EP is asked to be involved because someone is concerned or worried about your experiences within school and they care about what's happening in your life.

The EP will try and help you and the people that know you well (at school and at home) understand more about what might be happening or what sort of things might help.



What will happen?

You might meet the EP at home or in school. Sometimes the EP will see you once or they might see you on several occasions. They may do one or more of the following:

- **Have a conversation with you to find out more about you**
- **Talk with different people who know you well to find out more information**
- **Work with you on some tasks and activities**
- **Spend some time in your lessons to see what your classroom is like and what sort of work you do**



They might not do all the things on the list above; sometimes they will just do one or two.

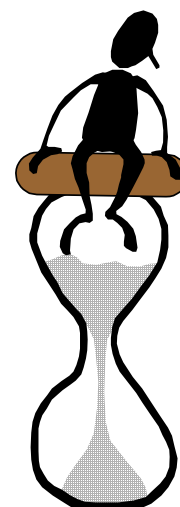
Once the EP has collected more information they will usually work with the people who want to help you to make a plan.

You will also get a chance to talk about and help make the plan. This might be with the EP or with one of your teachers.



Often the EP will continue to talk to the people involved in helping you to see how things are going. They will find out if the plan that was made is working or if it needs to be changed to make it better.

Be patient and try your best.
It may take a little time for things to improve.



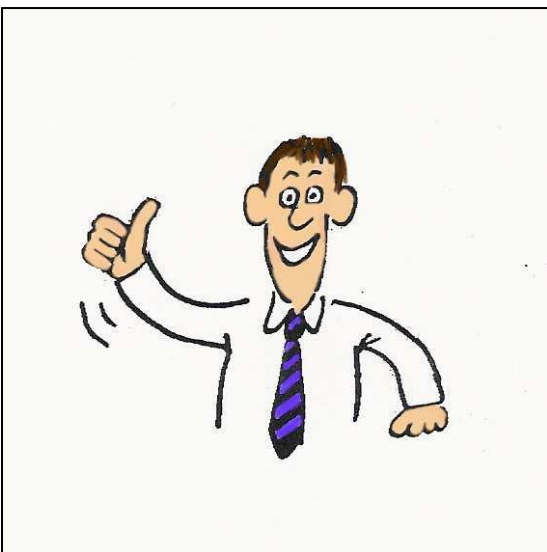
What will it be like?

The EP will want to make you feel comfortable. He or she will not make you say or do things that you do not want to.

If you feel concerned or worried about anything then you can tell the teacher or the EP. They will try and explain things for you more clearly so that you can decide whether or not you want to do them.

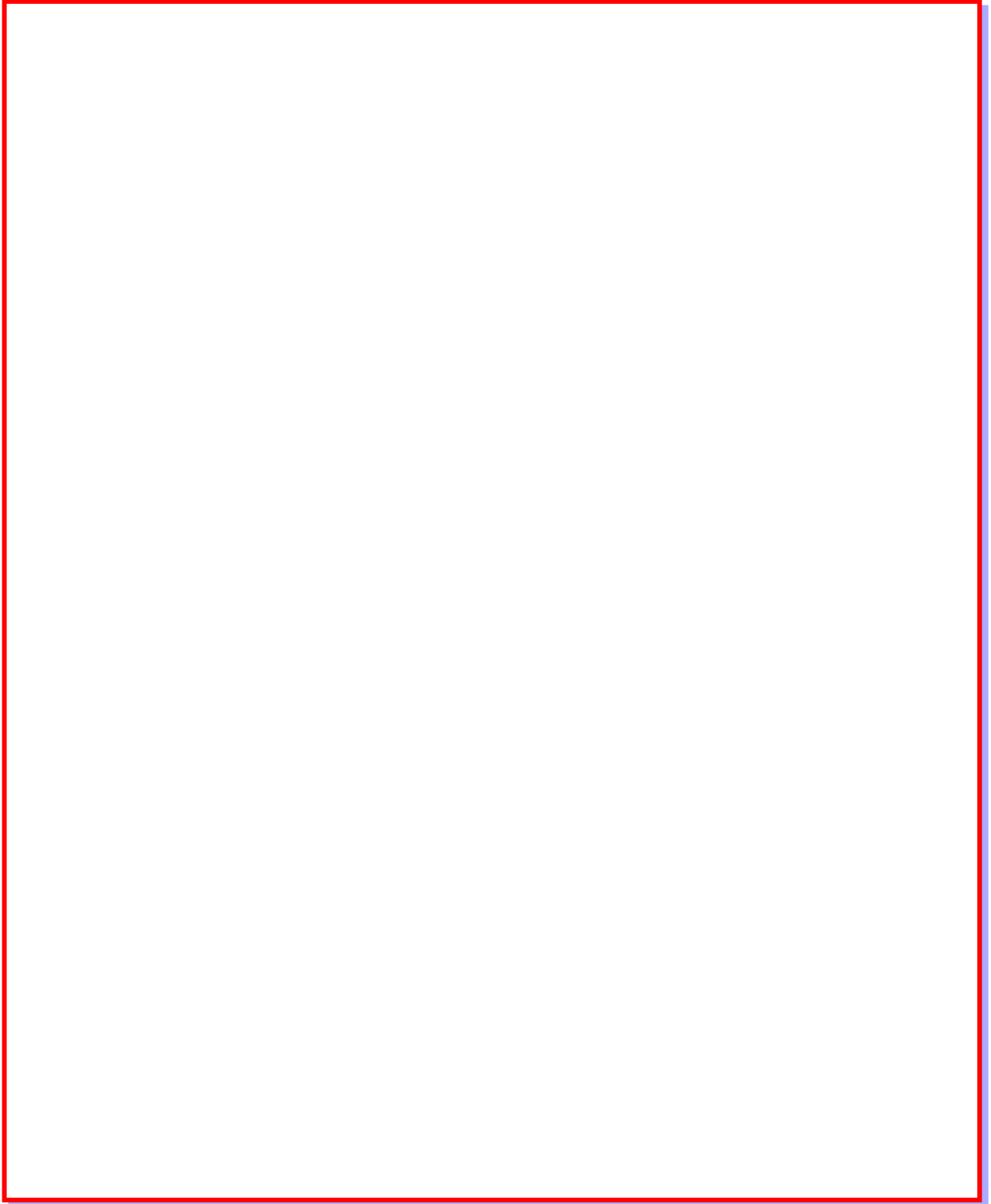
Your opinion will be listened to and we will always want to try and include you in deciding ways forward.

The people involved will try and make sure that working with the EP will be a good experience and that you are not made to feel different from the other students in your school.

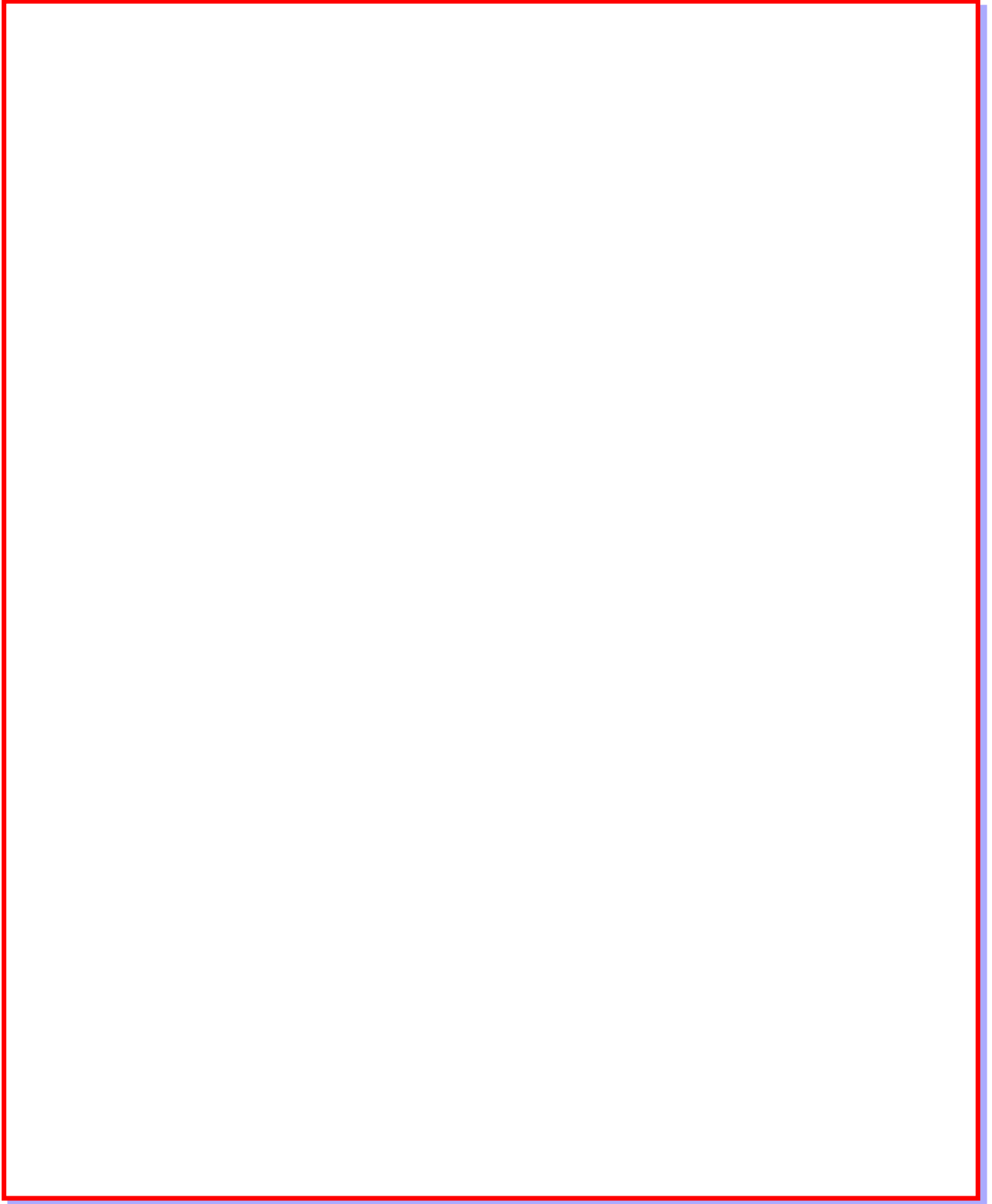


From time to time we all need help to sort out problems or difficult situations. When this happens it's a good idea to talk to other people.

What would you like
to ask or tell the EP?



What might people in your family want to ask or say?



Introducing me!



My name is Dr. Ed Sayer and I am the school's link Educational Psychologist (EP). I will be working with this setting throughout the school year – maybe you have seen me around already?!

My job is to help unpick and understand any struggles or worries you might be having, then work out how to we can make things more positive. Do to this I work with pupils, parents, staff and other professionals.

I will always ask permission to work with you and you do not have to meet me if you do not want to.

My work can include:

- ✓ Joining young people in school to watch what lessons and break time are like
- ✓ Speaking or playing games with young people to find out what they think and feel about things
- ✓ Setting challenges to see how young people approach tasks and how I can support their learning
- ✓ Meeting with parents or professionals to help them think about how best to support young people
- ✓ Regular 1:1 or group work with young people or adults

Please contact me if you have any questions:

ed.sayer@southampton.gov.uk

If you have any questions about working with the EP
then you can:

- Ask the teachers at school
- Ask your parents
- Ask the EP when you meet them



**If you would like to speak to an
EP directly please contact:**

Southampton Psychology Service

**1st Floor
North Block
Civic Centre
Southampton
SO14 7LY**

Tel: (023) 8083 3272