



NYC Educational Psychology Service

A guide for children and young people

How can Educational Psychologists help you?



What is an Educational Psychologist?

An Educational Psychologist, or an EP, works with children to help find out how they learn, what they enjoy, what they are good at and what they might find difficult. We then think together about how things can be made better or easier.

Who does an EP meet?

An EP meets children of all ages who may need help with:

School work **Feelings and emotions** **Friendships** **Talking and listening**



Meet the EP at your home or school or another place where you feel comfortable.

Who else might an EP see?

EPs might meet with your teachers, parents, carers and other adults to help you feel better at school.

Where will you meet the EP?

You might meet the EP at your home or at your school or another place where you feel comfortable.

What will happen when you meet the EP?

The EP may talk with you so you can tell them:

Your thoughts and ideas **What you like/don't like** **Anything important**

Together you might complete activities, such as:

Drawing **Card sorting** **Problem-solving** **Puzzles** **Games**

You might be asked to answer some questions about school.

The EP might visit your class/ lessons/ playground/ other spaces in school or, in some circumstances, can visit you at home.

Lots of children and young people meet with an EP. There are no right or wrong answers, and you do not have to worry about getting things wrong. You can ask questions at anytime.



What happens next?



Your choice (informed consent)



If you do not want to meet with an EP, **you do not have to**. We will only meet and do as much **as you would like to**.

You can change your mind at any time. If you do not wish to continue, tell us and we will stop.

We might write about what we do so that the adults can read it. If there is anything you do not want other people to read, **you can say so and we will not include it**, unless we need to because we are worried that you or someone else might be hurt.

Your teacher(s) and/or parent(s)/carer(s) should give you a few days to think about whether you would like to work with an EP.

Your rights

Rights are things that every child should have to help them be safe, healthy, happy, and able to learn and grow.

You have a right to **learn in the best way for you** and you have a right to **have your voice heard**.

We will work with you and the people who want to help you feel better at school. It may take time for things to change. Talking to the people who are working with you helps to find out how things are going.



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