

What is an Educational Psychologist?



An Educational Psychologist (or EP for short) is someone who helps children and young people with their learning.

An EP might visit you to find out how to make school better for you.



They may talk to you, your parents or carers, and your teachers.

An EP can give you tips to help you with your work.



Who will be visiting you?

You might meet Carina, an Educational Psychologist (people often say “EP”), or one of her EP colleagues.

EPs are adults who help children when school or learning feels tricky or confusing.

Before you meet them, you’ll get a One Page Profile so you can see what they look like and learn a bit about them.



What kinds of things can be tricky at school?

Lots of children find some parts of school or learning hard. You might:

- Feel worried, sad, or upset about something at school
- Find learning/work difficult
- Feel left out at breaktimes
- Struggle to get along with other people of your age or teachers
- Get into trouble more than you want to.

Whatever is going on, the EP is there to listen, understand, and help make school feel better for you.

What will we do together?



If you’re happy to meet, the EP might see you at school, home, or their office.

You might:

- Talk about what you enjoy, what you don’t enjoy, and how things are going for you
- Share your ideas about learning and your hopes for the future
- Play some games and puzzles so that the EP can see how you like to learn
- Try some reading, writing, spelling, or maths activities
- If you meet at school/education setting, the EP might observe a part of a lesson
- They will also talk to your parents/carers and teachers who know you well.



Will the EP tell other people what I say?

Most of what you say is private.

The EP will talk to your parents/carers and teachers about how to help you learn and feel happy at school, but they won't share everything you say.

The only time they must tell an adult is if:

- You say someone is being hurt
- You say someone might get hurt

You can ask the EP any questions at the start of your meeting.