

PSYCHOEDUCATIONAL ASSESSMENT SERVICES

What is a Psychoeducational Assessment?

A psychoeducational assessment is a comprehensive evaluation process that measures a student's **cognitive/intellectual abilities** (verbal skills, problem solving abilities, attention and memory), **achievement/academic** skills in several subject areas (reading, writing, and math) as well as their **social, behavioral, and emotional functioning**. It allows us to understand a student's areas of strength and weakness, so we can help them build on their strengths and overcome their weaknesses.

This process includes interviews with the child (or teen), parents, and sometimes teachers, one-on-one testing sessions, and observations.

Once the assessment is complete, we provide a detailed report explaining the child's student's abilities and needs. We also provide recommendations including interventions based on the unique skills and needs of the student. If necessary, we help the parents and/or student connect with other services such as speech therapy and psychotherapy.

For many students, getting a psychoeducational assessment and understanding why they are having difficulties at school is a big step toward not only clarifying their specific problems, but also accessing timely interventions and support programs to help them thrive in school and in life. Our psychologists have extensive training and experience in assessments using most up-to-date assessment tools and provide comprehensive assessment reports. In addition, they consider the role of cultural and social factors when assessing students' concerns.

We provide psychoeducational assessments for the following concerns:

- Cognitive/ intellectual functioning (IQ Assessment)
- Academic difficulties such as Specific Learning Disorder (Dyslexia, Dysgraphia, and Dyscalculia)
- Developmental Delay
- Attention-Deficit/ Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Emotional and behavioral problems that affect school performance (depression, anxiety, anger, low self-esteem)
- Skills related to school performance such as visual scanning, motor coordination, sensory integration, and executive functioning skills including working memory, organization/planning, and emotional control



Mental Health & Wellness Department

Who Would Need a Psychoeducational Assessment?

If your child (or student) continues to struggle significantly in certain school subjects despite getting additional support, it might be very helpful to seek out a psychoeducational assessment. Other signs that a school- aged child, teen, or a university student would benefit from this assessment include:

- Losing interest in school or schoolwork in general
- Believing that they are “bad at school”
- Disruptive and impulsive behaviors interfering with school success and social relationships
- Problems paying attention in classes
- Difficulty following through and completing assignments
- Reading, but not understanding what was read
- Struggling to complete reading or writing assignments
- Getting frustrated trying to finish tests on time
- Getting distracted while working on assignments or papers
- Frequently losing belongings (notebook, pen, or pencil)
- Spending too much time to organize and write papers
- Failing to learn basic academic, social, or behavioral skills that are expected from them based on their age (declining grades in school)
- Experiencing anxiety and/or depression related to school performance
- Inconsistency between high grades in school and low scores on standardized tests

Step-by-Step Psychoeducational Assessment Process at CERC/ FSHN

- Booking an initial consultation session with a psychologist
- 50-minute consultation with the child/student and parents. If the student is a university student (18 years old or older), parents do not have to be in this meeting.
- 2-3 individual assessment sessions with the student. Each session takes about 2-3 hours.
- Test scoring, interpretation, and report writing by the psychologist. Reports are usually completed within 2-3 weeks following the final individual assessment session.
- Feedback session with the child/student and parents to discuss results of the assessment, such as the diagnosis, strengths, and difficulties of the child/student, and recommendations for interventions based on the child's needs and strengths.