Cognitive and Academic Attainment Assessment

Information Guide

Our cognitive and academic attainment assessments (typically called *Educational Psychology Assessments)* help us understand how your child learns, alongside their cognitive strengths, academic skills and any barriers affecting learning, wellbeing or participation in school. Our team of Clinical Psychologists and Educational Psychologists specialise in understanding how children and young people think, learn, socialise and manage emotions. Depending on the purpose of the assessment, such as educational planning or EHCP-related needs, we will discuss the most appropriate **clinician** to complete your child's assessment.

Assessment options

- Cognitive-only assessment
- Academic attainment assessment (to explore literacy and/or numeracy and whether there is evidence of a specific learning difficulty, such as dyslexia or dyscalculia)
- Combined cognitive and academic attainment assessment

These assessment options involve different appointment lengths and costs. We will discuss the most appropriate pathway with you during the initial parent consultation.

1. Initial parent consultation

The pathway begins with a 50-minute parent consultation, without your child present and typically virtual. This helps us understand your concerns, previous support and educational history, and determine the most appropriate pathway.

2. Assessment paperwork

Information from parents, school and previous professionals helps us understand your child's learning across settings before assessment.

3. Assessment with your child

Your child will attend an in-person assessment lasting approximately 2–4 hours, depending on their age and the assessments being completed.

- **Initial conversation:** We will begin by talking to your child to help them feel comfortable and ask about how things are going at home and at school.
- **Activities:** The assessment may include tasks on an iPad, along with puzzles, drawing or writing activities. The specific activities will depend on what was discussed with you beforehand.
- **Breaks:** We will offer breaks when needed. Your child is welcome to bring a drink, snack or something that helps them feel calm, such as a fidget item.

Helping your child prepare: Explain that the psychologist wants to understand how they think and learn, rather than test them. There are no right or wrong answers, and it is not like a school exam.

Can parents stay during the assessment? Parents do not usually stay during the assessment to minimise distractions. However, you are welcome to stay for the first few minutes to help your child settle in. Depending on the child's age, we may ask you to remain close by and contact you if needed.

4. Reviewing all the information

The psychologist combines information from parents, school, observations and standardised assessment to develop a complete understanding of your child's learning profile.

Additional assessment (if required)

Most assessments are completed in one appointment. If further assessment, classroom observation or school consultation would help answer the referral questions, we will discuss this with you in advance, including any additional costs.

5. Parent feedback session

The parent feedback session is usually remote and gives space to discuss the findings, ask questions and review recommendations together.

Feedback is usually arranged within 4–6 weeks once all required information has been received. The final report is typically sent 1–2 weeks after the feedback appointment.