



Alliance

C O U N S E L L I N G A N D A S S E S S M E N T

The Psycho-Educational Assessment Process

Who will conduct the assessment?

A professionally trained clinician.

What is a psycho-educational assessment?

A psycho-educational assessment is a method designed to help identify an individual's strengths and competencies in the following areas:

- Reading (word identification, fluency, and comprehension)
- Written Language (spelling, grammar, word usage, organization, and graphomotor skills)
- Math (basic facts, calculation skills and math reasoning)
- Attention, activity level and impulse control
- Self-regulation
- Cognitive abilities
- Any behavioural, social, or emotional factors that may be interfering with learning or achievement

The goal of a psycho-educational assessment is to understand the learner's unique cognitive style and identify his or her academic strengths and areas of need, as well as personality and environmental factors that may be affecting achievement. The outcome of every assessment should be a greater understanding of the learning style of the individual, as well as the support that might be necessary to promote enhanced achievement.

14448 118 AVE NW, Edmonton T5L 2M5

TELEPHONE: 587.557.2113 **FAX:** 780.439.5679 **EMAIL:** hello@alliancepsych.ca **WEBSITE:** www.alliancepsych.ca



Alliance

C O U N S E L L I N G A N D A S S E S S M E N T

What does an assessment involve?

Background Interview:

A background interview is conducted with both parents/guardians to gather information regarding the child's prenatal, first, developmental, academic, and family history. This process usually takes approximately 1 – 1 1/2 hours to complete and helps provide the essential context for the assessment. Parents will be asked to complete several inventories as well as fill in an additional background information questionnaire. Parents do not need to stay with their child for the day, but one parent is expected to remain close by the office in case of emergency. Parents of older teens do not need to stay at the office, but they should provide a cell or contact number in case of emergency.

Test Administration:

The formal testing process varies from 3 to 6 hours, depending on the age of the child, presenting problems, and the purpose of the assessment. A variety of standardized and non-standardized tests are administered to gather information to help understand the child's strengths as well as areas of need. Breaks are provided as needed.

A lunch break is usually scheduled between noon and 1 o'clock.

Feedback Session:

A feedback session is usually scheduled within two weeks of the assessment appointment. Younger children do not usually attend the session, although results are often provided during an appointment scheduled later. The feedback session involves reviewing the assessment results and discussing their implications as well as any recommendations to help develop strengths and deal effectively with areas of need. The session usually lasts up to 2 hours.

Written Report:

A written report summarizes the purpose of the assessment, the tests administered, test results, diagnoses, and recommendations. Although the report is typically prepared prior to the feedback session, it will not be made available until shortly after this meeting is held to allow for any additions or changes to be incorporated into it. The report is only released to parents/guardians. Written consent is required for it to be released to any other parties.

14448 118 AVE NW, Edmonton T5L 2M5

TELEPHONE: 587.557.2113 **FAX:** 780.439.5679 **EMAIL:** hello@alliancepsych.ca **WEBSITE:** www.alliancepsych.ca



Alliance

C O U N S E L L I N G A N D A S S E S S M E N T

What should you bring to the assessment?

Please provide copies of all report cards (Kindergarten through to your child's current grade) if they are available. If your child has received assistance – in or out of school – or has undergone previous assessments, please provide any documentation available including:

- Individual Program Plans
- Current work samples
- Reports summarizing previous assessment results
- Speech and language assessment/therapy reports
- Occupational therapy reports
- Other information that you feel is relevant to understanding your child's needs

It is also helpful to bring current work samples and/or binders. Documents do not need to be copied; they will be reviewed and returned to you.

What should you tell your child?

You can explain that you want to learn more about how your child learns and how you can help them more. You can say, *“the therapist will be asking lots of questions and doing some neat stuff that will provide clues to how you learn. It is not a test like in school. You can't prepare for it. There is no “pass” and no “fail.” All you must do is get a good night's sleep and do your best.”*

14448 118 AVE NW, Edmonton T5L 2M5

TELEPHONE: 587.557.2113 **FAX:** 780.439.5679 **EMAIL:** hello@alliancepsych.ca **WEBSITE:** www.alliancepsych.ca