

# ALL CHILDREN AND TEENS FACE PROBLEMS FROM TIME TO TIME

Growing up is not easy. Children and teens may:

- Have difficulties with academic achievement or performance
- Think they are stupid because they are experiencing difficulties at school
- Lack organizational and study skills
- Feel depressed or angry
- Experience a separation from or loss of a loved one
- Be teased or bullied by other students
- Feel alone because they have no friends
- Consider dropping out of school

School psychologists work with students, parents and school staff to understand and solve these problems.



## School Psychologists

## Helping students to achieve their best!



## psychology in the Schools of Nova Scotia

Brochure developed by:  
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# WHO ARE SCHOOL PSYCHOLOGISTS?

All psychologists must be registered with the Nova Scotia Board of Examiners in Psychology in order to practice psychology in Nova Scotia. Psychology is a self-regulated profession under the Nova Scotia Psychologists Act (2000). To be registered, psychologists must meet the standards of the profession, which include a graduate degree in Psychology and extensive education, training and supervised work experience in Psychology.



Training to be a school psychologist emphasizes preparation in learning styles, psycho-educational assessment, child development, behaviour, mental health, counselling and school organization. School psychologists work collaboratively with students, parents, school personnel, community agencies, and mental health professionals.

# ROLES OF SCHOOL PSYCHOLOGISTS

School psychologists work directly with students either individually or in groups. They also consult with school personnel to help support children with diverse learning needs. School psychologists tailor their services to fit the specific needs of each child. Services include:

## CONSULTATION

- Build and strengthen relationships between students, parents, school personnel, and community
- Help others understand children's individual needs and how they affect their learning and behaviour
- Act as a link between schools and community agencies to address children's mental health needs

## ASSESSMENT

- Evaluate learning styles and specific learning disabilities
- Examine behaviour and classroom adjustment
- Assess the impact of social and emotional difficulties on educational progress



## INTERVENTION

- In conjunction with the school's Program Planning Team, help to design academic programs for students with diverse learning needs
- Provide behaviour management strategies and programs to parents and teachers
- Provide brief counselling services for children experiencing difficulties such as anger, depression, anxiety, and grief
- Help students, families, and school staff deal with crisis situations

## EVALUATION AND EDUCATION

- Evaluate the effectiveness of interventions such as academic programs and behaviour management strategies
- Help create a school and community climate of tolerance, understanding and appreciation of diversity
- Deliver professional development in-services to school personnel and information sessions to parents and the broader community
- Evaluate and incorporate new information about assessing and intervening into existing school psychology practice