

From mountain to sea

Information for Children and Young People

Educational Psychology Service

Using psychology to help improve wellbeing and learning for all children and young people to develop the skills, confidence and resilience to flourish throughout life.



What is an Educational Psychologist?

- Educational Psychologists visit schools and work with staff to help children and young people feel happy in school and to learn and achieve.
- We use our knowledge of psychology to support you and the adults around you to identify what support or help you might need to learn and to feel your best in school.

What will the Educational Psychologists do?

- We will meet with the adults who know you best to find out more about you, what is going well and any difficulties you may have.
- At this meeting people think of ways to help and come up with a plan to make things better for you in school.
- We will meet again later to see how the plan is working.

Will I have my say?

We would like you to come to your meeting and we will help you to have your say and share your ideas. We can help you to do this in different ways:



Will I meet the Educational Psychologists?

We may spend some time getting to know you by:

Talking and listening to you,
finding out what you think and feel

See you working in class,
or in the playground

Doing some tasks and activities
to see what helps you learn

Having a meeting with you and
other people who know you well

What other things do Educational Psychologists do?

We can:

Share ideas
with teachers

Find out new ways
to help children
learn even better

Find new ways to
help children enjoy
school more

Share ideas with
parents and other
adults around you

How can you find out more about the Educational Psychology Service?

- Ask people in your school: your teacher, head teacher, guidance teacher or another adult.
- Ask your parents or other adults that look after you.



This leaflet is available in a variety of formats on request.

If you need to find out more you can phone, write or email the service or look at our website:

<https://blogs.glowscotland.org.uk/as/aberdeenshireeps/>

Contact Details

Carron Douglas

Principal Educational Psychologist

Woodhill House, Westburn Road

Aberdeen, AB16 5GB

Tel: 01224 472840

Email: eps@aberdeenshire.gov.uk



getting
it right
for every child