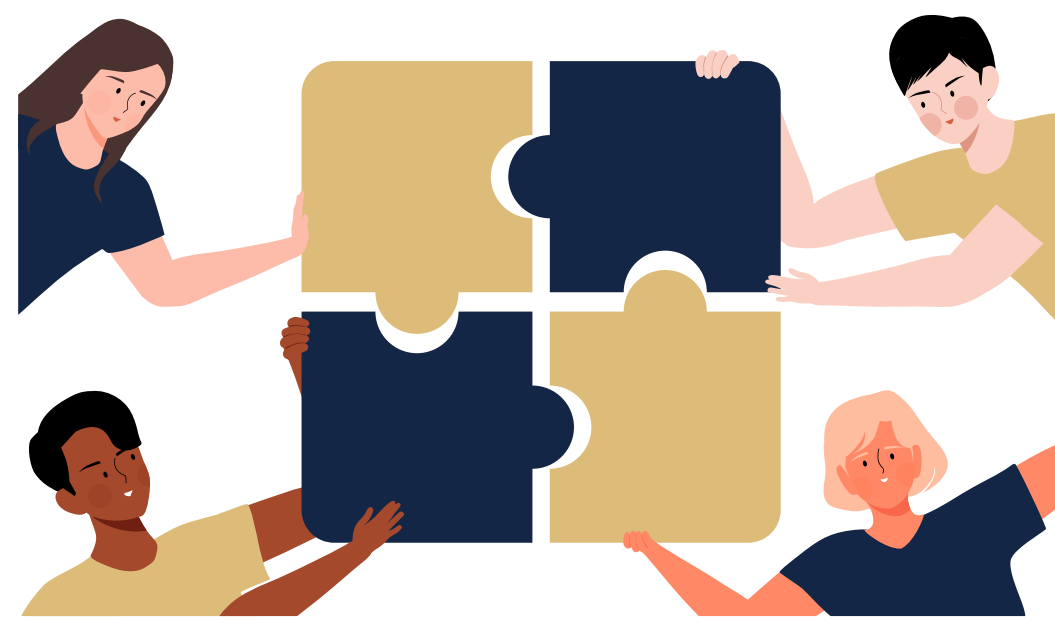


Working with an Educational Psychology team



Who are we?

In our team we have psychologists and trainee psychologists. We work for **Cognus** – commissioned by the London Borough of Sutton to provide education services that help young people in schools.



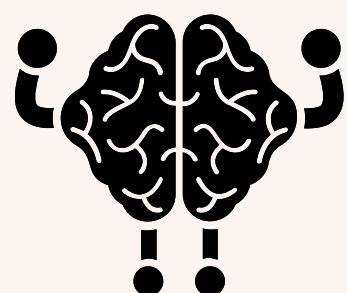
How can we help?

We will meet with you to discuss how you find school, what you enjoy and what you find difficult. We will think about what you might like to do in the future, and come up with a plan to help you get there.

At Cognus, we think it is important to meet with young people directly and find out what matters to them. We will work with you and your school to come up with a plan, with the aim of working towards your goals for your future.



What is a Psychologist?



They use psychology to help make a difference to people's lives. By finding out information about what you like doing and what you find difficult, we help people to make helpful choices and feel more positively about themselves.

What if I don't want to work with you?

Your participation is entirely voluntary, you do not have to meet or work with us if you don't want to.

If you agree to meeting one of us, we would value your time and us working together very much.

What is the purpose?

At the end of us working together, we will come up with a plan to help you in school. With your permission, we will feed back some of our work to your school so that we can make school as positive for you as possible.

What will we do in the meeting?

When we meet, we will ask you about yourself, school, and things you enjoy.

We might do some questionnaires so that we can think about what might help you.

We might complete some activities that will help me get to know you better. and help us to build a plan going forward.

