

How Can I Prepare?

Here are some helpful tips so you can be prepared for your appointment!

- Wear comfortable clothing
- Get a good night's sleep the night before.
- If you wear glasses or a hearing aid make sure to bring them.
- Make sure to eat before you arrive! You may also bring snacks, or a lunch if necessary.
- If you take any medications regularly, continue to take them as usual.
- Your parent should bring a list of all your medications, past report cards, IEP, or past assessment reports.
- Remember that the tests are just trying to get a sense of your current skills, so you do not need to practice anything before your assessment! Just do your best!

It is normal to feel a little nervous before your appointment, but you will not feel any pain or discomfort!



How Will the Assessment Help Me?

Everyone is different, with their own strengths and weaknesses. This assessment will help you understand how you learn best.

The neuropsychologist may suggest that your school can help you by providing extra supports. For example, depending on your results this might include time with the resource teachers, extra time on tests, or use of a computer in the classroom.

Neuropsychological Assessment for Children & Adolescents



Why Am I Here?

You are here to see a neuropsychologist to see how your brain is thinking, learning and solving problems.

A parent, guardian, or a teacher may have noticed you are having trouble with one or more of the following:

- Learning
- Paying attention
- Remembering things
- Getting along with others
- Controlling your emotions

The neuropsychologist is going to figure out why you may find some of these things difficult so they can help you in the best way possible.

Who Am I Seeing?

A neuropsychologist - A psychologist who looks at how your brain is involved in your learning and behaviour. A neuropsychologist will:

1. Meet with you and your parents/guardians to ask some questions about you.
2. Explain the results of your tests.
3. Work with you, your parents, teachers, and doctors to help you improve your skills.
4. Work with your doctors and teachers to make sure you're getting the help you need.

A psychometrist - an individual who helps a neuropsychologist test your skills. A psychometrist may also help score your tests.

You may also see a psychology student or resident during your visit. He/she would be helping the neuropsychologist give you the tests.

What Will Happen During My Assessment?

1. **A general interview** - You and your parent may be asked questions about your past experiences with school, friends, and family. The interviews will help the neuropsychologist better understand your concerns. The neuropsychologist may also talk to your teacher.
2. **Complete written and verbal tests** - Some are completed on the computer, hand-written, or even drawn. For other tests you will need to listen and answer questions. You may be nervous about your initial assessment but that is completely normal. The psychometrist will explain all of the test instructions. Most people find that some questions are easy and some are hard. Don't worry- this happens for everybody. Try your best; nobody gets every question right!

Your appointment will take several hours and may be one or two days. This may seem like a long time but we need this time to understand how you learn.

What Are The Tests Measuring?

The tests measure your skills and abilities. These skills include:

- Language
- Visual and Spatial perception (how you see, understand and work with pictures and patterns)
- Motor skills
- Problem solving
- Planning and other types of thinking
- Attention and Concentration
- Learning and Memory
- Reading, Writing, and Math

Remember that the purpose of these tests is to figure out your strengths and weaknesses and how you learn best.

