

## Any questions?

If you still have questions about the Educational Psychology Service please ask:

*Your teacher or someone at school*

*Your mum, dad or person who looks after you*

*The Educational Psychologist when you meet them*

The name of your Educational Psychologist is:

## Research

Psychologists can also help people carry out research to see what works best in schools and settings. If you have a good idea about some research you would like to do in your own school that might help make learning easier for yourself or others let us know and we will see if we can help!

## Contact us



**Dr Shannon Finlayson**  
Principal Educational Psychologist



**Dr Callum Urquhart**  
Educational Psychologist

Educational Psychology Service  
Department of Education & Children's Services

Comhairle nan Eilean Siar  
Sandwick Road  
Stormoway  
Isle of Lewis  
HS1 2BW

Telephone: 01851 822 736

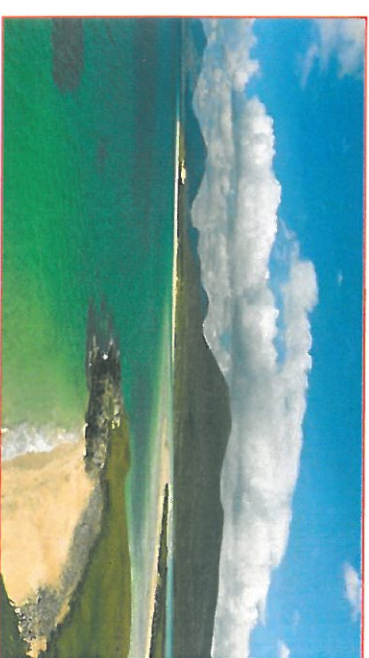
Email: [s.finlayson@cne-siar.gov.uk](mailto:s.finlayson@cne-siar.gov.uk)  
[callum.urquhart@cne-siar.gov.uk](mailto:callum.urquhart@cne-siar.gov.uk)

## Comments, complaints or compliments

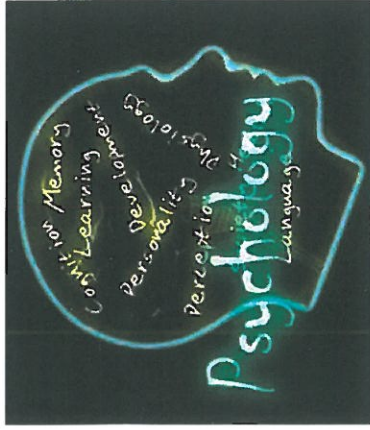
We want to know what you think of our service! If you have feedback you would like to give please speak to the psychologist involved first. If you would prefer to discuss things with someone else then please contact the Head of Service at the department using the address or telephone details above.



**Information for Children and Young People**



## What is Psychology?



Psychology is the scientific study of human behaviour. Psychologists are interested in what helps people to succeed in life and the types of things that may make that difficult. Psychologists like to look at explanations of why people say, think, feel and do different things.

## What is an Educational Psychologist?

Educational Psychologists work mainly with nurseries, primary and secondary schools.

We work with your parents or carers, teachers and other people who know you, to look at what kind of help you may need. Sometimes we may also work with you, always with the permission of your parents or carers.

## What do we do?

We give advice and work with other people so pupils can do well at school. At times we work with a group of people or with a whole class to look at things such as friendship or bullying. We would usually work together with one of your teachers when doing this. We may also come into your class, look at your work or meet you to talk about how you are getting on in school.

## Who to contact if you are worried.

If you are worried about how you are getting on in school, you should talk to your parents or your teacher. If your teacher feels it would be a good idea for us to get involved, they will talk to your parents about this and how this should happen. Whenever we work with children and young people, we keep a record of what we do. You or your parents or carers can see this if you or they wish. This information may also be looked at by Inspectors from Education Scotland.

## What might Educational Psychologists help with?

We will try to make school, the community or home better for you. Like when you:

*Feel angry or upset*

*Find school work difficult*

*Are not getting on with friends or feel bullied*

*Feel unhappy at home or get in to trouble*

## What will it be like to meet an Educational Psychologist?

We know that it can be hard for people to talk about difficulties they are facing at home, school or in the community.

We will be patient and try to find ways to make it easier for people to talk about difficult or upsetting subjects.

You do not need to meet with an Educational Psychologist if you don't want to.