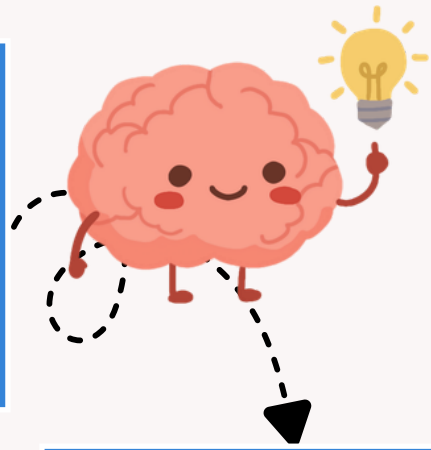
What to Expect:

ASSESSMENTS



WHAT ARE ASSESSMENTS?

Assessments are a way for psychologists to gather more information about the way you learn and how your brain works.





HOW LONG WOULD IT TAKE?

It depends on the type of assessment, but each assessment typically ranges from 1 to 3 hours, with breaks in between. They are carried out in-person at the clinic.



WHAT WILL I BE DOING?

That depends on the type of assessment. You might be looking at pictures, answering questions, playing with blocks, reading, or answering maths sums.



HOW DO I PREPARE?

There's no need to prepare for the assessment. Just showing up is enough. Some things might be easy, some things might be hard, just try your best.

DAY OF THE ASSESSMENT

It's completely normal to feel unsure or nervous before your assessment. If you feel tired or need a break midway through, just let your psychologist know.





WHAT IF I HAVE QUESTIONS?

If you have any questions, whether it's before or during your assessment, feel free to ask your psychologist. They would be happy to answer them.

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