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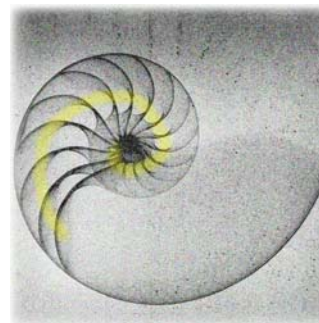
## Forms of Psychological Assessment

Psychological assessment provides an in-depth “snapshot” at a point in time of an individual’s thinking and feeling. Assessment may include:

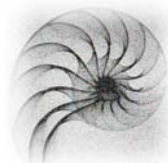
- Personality – having to do with patterns of behavior and feelings.
- Cognitive – studying strengths and weaknesses of sensory perception, organization, thinking, and output (such as speech, hand coordination, etc.)
- Neuropsychological – while all assessment involves some cognitive (thinking) assessment, neuropsychology looks more thoroughly into details of memory and other cognitive and perceptual functioning. This is especially important in understanding such things as learning differences or things that might have hurt the brain.
- Educational – including finding out what things you have learned in your schoolwork and the brain functions that support learning.

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## What is Assessment for Kids and Adolescents?



## What is Assessment?



Each of us have some things we're good at, and some things we're not so good at. There can be lots of reasons for our skills and for our challenges.

Some skills and challenges are easier to see and some may be hard for other people to see or even for us to realize ourselves.

Sometimes, the things that are difficult for us make school hard, sometimes they make it hard to get along smoothly with other people—there are all kinds of challenges.

Assessment is a fancy word for finding out in detail what your strengths and challenges are so that you can use your strengths in the best way to make your challenges easier.

### “Labels”

No one wants to be labeled, or treated like they are not as good as other people. Nobody wants to be thought of as stupid. But sometimes we feel that way when certain things have been hard for us and maybe some of us have even been called bad things by other people. By treating you as an individual and finding out what your special strengths and difficulties are, we can start to figure out how to help you be more successful and feel better about your-

self. People are often relieved to find out that the things that are hard for them are not their faults. Instead, learning difficulties often may be due to how a person's brain developed (grew), which is a little different for everyone. By understanding these developmental differences we can create a roadmap to be more effective. Sometimes a person's strengths and challenges may show a pattern that other people share. It can be helpful to identify a pattern like this in order to benefit from all the things we know about that pattern. Also it can help to know that other people have similar experiences to ours. That can make us feel less alone.

### The First Steps

Although assessment is sometimes referred to as “testing” it actually involves more than that. The psychologist starts by finding out lots of background information that might help understand the person being assessed. This might include questions about the person's birth, about his or her parents and family, medical history and school.



This child's toy is an example of a puzzle sometimes used in cognitive testing

### Testing

The testing will then usually be done in up to three (or sometimes more) sessions on different days. Tests generally include some different kinds of puzzles, simple drawing tasks, and some school-type work.

These tests are based on scientific principles to be more accurate and detailed than other methods of getting information. Some tests are given to most people, while others will be adjusted to the particular person's situation. Care is always taken to make the person being assessed as comfortable as possible and to get his or her best responses under the circumstances. Teachers or other caregivers may be interviewed and the psychologist might visit the young person's school. It is important to collect information from several different places in order to make the assessment as accurate as possible. After the testing is completed, the psychologist will write a detailed report for your family and schedule a final office session to discuss the results and recommendations.

Feel free to call with any additional questions you might have – there is no charge for initial phone consultations.



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