

What does a psychological assessment involve?

An assessment can take between 6 to 10 hours to complete and may involve several appointments.

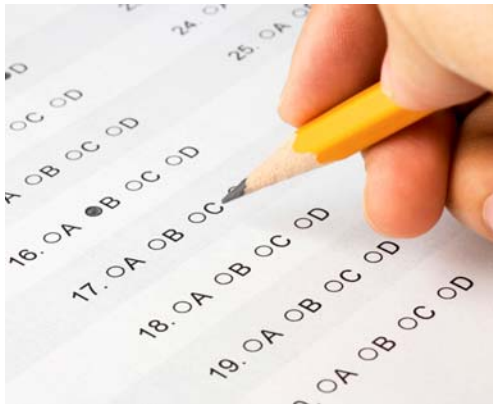
Information will be collected from three major sources:

- interviews and questionnaires
- review of prior reports and documents (educational, medical, etc.)
- standardized psychological assessment tools

The assessment may look at:

- thinking and reasoning abilities
- attention and motivation
- memory, organization, visual motor co-ordination and language
- achievement in listening, speaking, reading, writing, spelling, and math skills
- relevant background information such as medical history, family history, educational opportunities, social and emotional factors

All of the results and recommendations will be explained to you in your final session. You will be given a final written report.



Postsecondary studies require more:

- **self direction**
- **textbook based learning**
- **independent study**
- **note taking from lectures**
- **long term planning**
- **extensive written assignments**

**Support services
and accommodations can
make a very
real difference!**



NOARC/CÉRNO

Northern Ontario
Assessment and
Resource Centre

Located at:
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Sudbury ON Canada P3A3V8

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Northern Ontario
Assessment and
Resource Centre

Psychological Assessment

*General Information
for College and
University Students*

If you are a college or university student who has a learning disability or a suspected learning disability, a psychological assessment can help you develop self-knowledge.

By understanding your learning profile, you can begin to develop effective strategies and identify appropriate accommodations to help you become more successful in your studies.



Psychological Assessment

Why have an assessment?

You are probably already aware of areas that challenge you at school. Assessment findings will not only clarify some of your learning difficulties, but will help to explain **why** these areas are a challenge for you. More importantly, the assessment will help you identify your learning strengths that have helped you achieve your successes to date! Building on these strengths is important for charting your way to further academic accomplishments. All assessments include recommendations for appropriate strategies and/or accommodations. These will relate to your specific learning profile and the particular demands on you as a student. All of the information will be reviewed with you in a personal feedback session, preferably face to face but possibly through video-conference or telephone depending on the circumstances.

Who conducts the assessment?

In Canada, diagnosis of learning disability is restricted to individuals who are members of a regulatory body that certifies professional competency.

The Northern Ontario Assessment and Resources Centre (NOARC/CÉRNO) coordinates postsecondary assessments among practitioners

from across Northern Ontario. All psychologists and psychological associates working through NOARC/CÉRNO are knowledgeable of the specific issues that impact on students with learning disabilities in the postsecondary environment.

In Ontario, the practice of psychology is regulated by the College of Psychologists of Ontario.

The Web site is www.cpo.on.ca.

Why have the assessment now?

Some college and university students referred to NOARC/CÉRNO have been previously assessed when they were in elementary or early high school while others have never had a diagnosis.

When a learning disability is suspected, or even when it has been previously diagnosed in a student's younger years, it is important for students to have an up-to-date adult assessment. As an adult pursuing postsecondary studies, assessments consider adult career goals, life factors that can impact an adult student's ability to cope, and the student's responsibility for learning.

Adult assessments are important for developing self-awareness and understanding.

They can help students become self-advocates for the supports and accommodations that they may require.

After your assessment is completed you may be eligible for services and accommodations, and you will have a better idea of what might work best for you.

Staff in disability services at your college or university can help you use this information to develop learning strategies that build on your learning strengths.

Who will know about the assessment?

The assessment results are yours and they are confidential.

The identity of students receiving assessments or registered in a disability services office is **never** shared with faculty, graduate schools, admissions offices, financial aid offices, or anyone without the student's permission and full knowledge.

You are encouraged to bring disability staff to support you during your final feedback session. Sharing your report with disability staff will help ensure the right supports are put in place for you. Should you require testing accommodations (such as extra time), assistive technology, or learn-

ing strategy instruction, your Disability Office will help you make these arrangements. It is these services and accommodations that can help you to cope more effectively with your learning challenges. Your file will be securely stored at the Northern Ontario Assessment and Resource Centre (NOARC). You should know that some of your data may be compiled into grouped statistical studies for research and accountability purposes. However, your name and any other identifying information will not be reported.

Your results are confidential. You control who knows, how much they know, and what supports you will need to access.

The assessment results will provide you with a wealth of valuable information about yourself and how you learn.

Who pays for an assessment?

Your Office for Students with Disabilities will help you determine how the assessment costs will be paid.

A number of options are available:

- Students who are eligible for the Ontario Student Assistance Program (OSAP) can access a non-repayable bursary for the full cost of the assessment
- Some students are covered under their family extended health insurance plan or Employee Assistance Program or student health insurance
- Aboriginal students may have access to funding through their Band.

Your Office for Students with Disabilities will look at your financial situation and determine if some subsidy is needed. Be assured that the cost of an assessment will not pose a barrier as resources are available to help.