

# What Is Cognitive and Educational Testing?

Cognitive and educational testing is a special way to learn about **how your brain works** and **how you learn best**. **We are learning how YOU learn.**

It's a bit like a detective mission about your learning

-  Solving puzzles and games
-  Doing activities that show your strengths

There are **no grades** and **no passing or failing**.

## Testing helps adults understand

- ✓ What you are really good at
- ✓ What feels tricky for you

- ✓ How you learn best
- ✓ What support might make school easier

Everyone's brain is different — and that's a good thing!

## Testing can help by

-  Showing your strengths
-  Explaining why some things feel hard

-  Helping school feel less frustrating
-  Making learning more fun

 Helping adults understand you better

Sometimes kids feel relieved after testing because things finally **make sense**.

## Testing gives adults helpful clues so they can

-  Teach you in ways that suit your brain
-  Give you the right tools and supports

-  Understand how to help when things feel hard
-  Focus on your strengths

It helps everyone work together as a team — **you, your parents, and your teachers**.

## Important Things to Remember

-  You are not being judged
-  You cannot fail

-  Everyone has strengths and challenges
-  Your brain is unique and special

 The goal is to help you succeed

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### **Talking with Your Child**

I've noticed that you've been putting in a lot of effort at school this year. Even with all that hard work, some things still seem quite challenging, and we're not completely sure why. I've been thinking that if we could understand more about how you learn best, your teachers and I could support you in a way that makes things feel easier and more manageable.

We have made an appointment with Melinda, whose job is to help us understand how you and other children learn. She can help us figure out what might make school feel less difficult for you, and also what we can do differently at home to support you.

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### **Explaining What Will Happen**

When you come in, you'll do a range of activities so Melinda can understand how your brain works with different kinds of information. You might do puzzles, play some word or thinking games, talk about your interests, and explore what feels easy and what feels harder.

For older children and teenagers, it can be reassuring to know that this is a private and respectful process focused on finding helpful solutions. What you share and how you see things is really important, because your perspective helps us understand what will work best for you.