

WHAT IS SCHOOL PSYCHOLOGY?

A Career That Makes a Difference

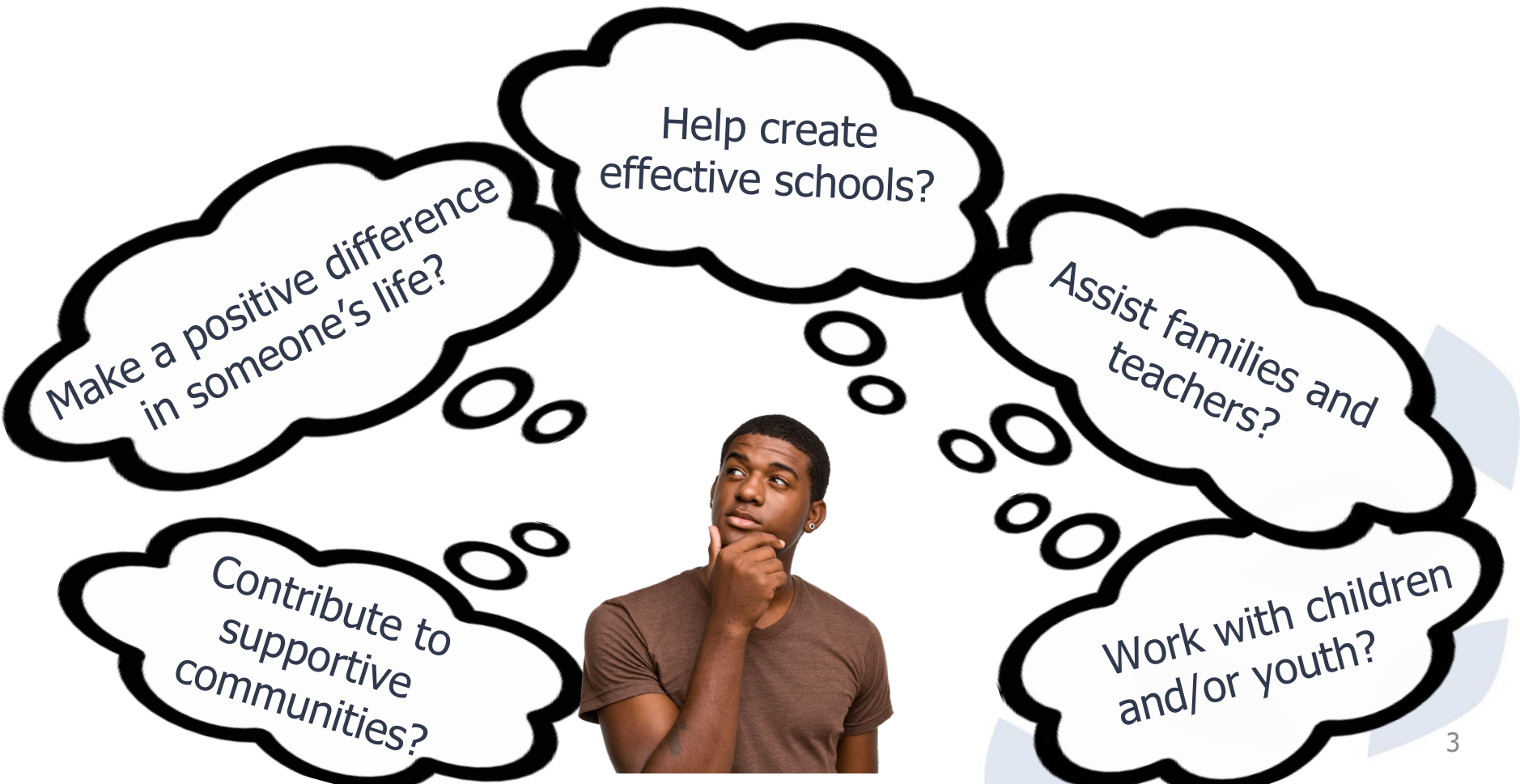


What we will cover in this presentation...

- Who are School Psychologists?
- What do School Psychologists do?
- What are the characteristics of a great School Psychologist?
- Where do School Psychologists work?
- How can you become a School Psychologist?
- How do I get a job as a School Psychologist?



WHAT DO YOU WANT FOR YOUR CAREER?



Make a positive difference
in someone's life?

Help create
effective schools?

Assist families and
teachers?

Contribute to
supportive
communities?

Work with children
and/or youth?



WHAT ARE YOU LOOKING FOR IN A JOB?



**A lot of
job openings?**

**Diverse roles and
responsibilities?**

**Good salary
and benefits?**

**Job flexibility
and stability?**





**School Psychology might be the
career for you.**

Who are School Psychologists?

- Highly-qualified professionals with a graduate degree
- Work in schools and related settings
- Provide comprehensive psychological and educational services to diverse students
- Promote children's learning, positive behavior, and development
- Support students' social, emotional, and mental health



**WHAT DO YOU THINK
SCHOOL
PSYCHOLOGISTS DO?**




What do School Psychologists do?

- Conduct assessments, counselling, and other mental health and academic interventions
- Work with children and youth individually and in groups
- Collaborate with parents, teachers, administrators, and other professionals
- Help schools, families, and communities provide successful outcomes for children
- Engage in research and program evaluation activities
- Advocacy
- Education



What do School Psychologists do?

- Help ALL students, parents, and teachers
- Learning difficulties
- Behavior and attention concerns
- Problems with peers (isolation, bullying)
- Depression and other mental health issues
- Coping with crisis & trauma (natural disasters, war, school violence, abuse, rape)
- Poverty, violence, homelessness, foster youth, loss, grief
- Family issues (divorce, death, substance abuse, military deployment)
- Promote student well-being (social, emotional, mental and behavioural health)

A close-up photograph of a woman with her hair pulled back, wearing a light grey button-down cardigan. She is holding a black pen vertically against her chin with her right hand, looking upwards and to the right with a thoughtful expression. The background is a plain, light-colored wall.

What do school
psychologists do?

School Psychologists....

Link mental health to learning and behavior
to promote:



ACADEMIC
ACHIEVEMENT



POSITIVE SOCIAL
SKILLS AND
BEHAVIOUR



HEALTHY
RELATIONSHIPS AND
CONNECTEDNESS

_School Psychologists..... Link mental health to learning and behavior to promote:



ACCEPTANCE AND
RESPECT FOR
OTHERS



COMPETENCE, SELF-
ESTEEM, AND
RESILIENCY

Assessment

Common types of assessments conducted by School Psychologists:

- Cognitive Abilities (intellectual abilities, memory, etc.)

- Academic Abilities (reading, writing, math)

- Adaptive Behaviour (life skills)

- Behavioural Functioning (attention, hyperactivity, impulsivity)

- Social/Emotional (mood, affect, behaviour)



Consultation & Knowledge Translation

- Help teachers, parents, and administrators understand child development and learning
- Provide positive alternatives for helping children and youth with learning and behavior challenges
- Strengthen working relationships among educators, parents, and community services
- Refer to, consult with outside agencies
- Conduct workshops and trainings for educators and others

Team Work and Collaboration

School teams in school districts are made up of different professionals, such as:

- Speech-Language Pathologists
- Psychologists
- Social Workers
- Teachers
- Psychiatrists
- Audiologists
- Community Workers



Intervention

- Work face-to-face with children, youth and families
- Develop individualized solutions for learning and adjustment
- Plan and implement crisis response
- Provide
 - Counselling/therapy
 - Social skills training
 - Behavior management solutions





EDUCATION

Train teachers and parents in:

- Teaching and learning strategies
- Parenting
- Classroom management support
- Working with students with diverse learning needs
- Strategies to address substance abuse and risky behaviors
- Crisis prevention and crisis response



Mental Health



- Support for mental health and wellness in schools
- Deliver school-linked mental health services
- Coordinate with community resources and health care providers
- Partner with parents/families and teachers to create healthy home and school environments

ADVOCACY

School Psychologists encourage

- Appropriate education placements
- Education reform
- Mental Health reform
- Legislative involvement
- Community services and programs
- Funding for adequate resources
- Equity & diversity for diverse populations



Characteristics of a great School Psychologist

- Committed to the profession of School Psychology
- Advocacy
- Excellent communication skills
- Understanding/empathy for children and youth
- Values: evidence-based practice, lifelong learning
- Excellent team-building/interpersonal skills
- Excellent academic record

Characteristics of a great School Psychologist

- Takes initiative to achieve goals
- Energetic and excellent work habits
- Willing and able to abide by professional codes of ethics and standards
- Passionate for their work with children, youth, families and educators
- Interested a variety of different ways to provide services





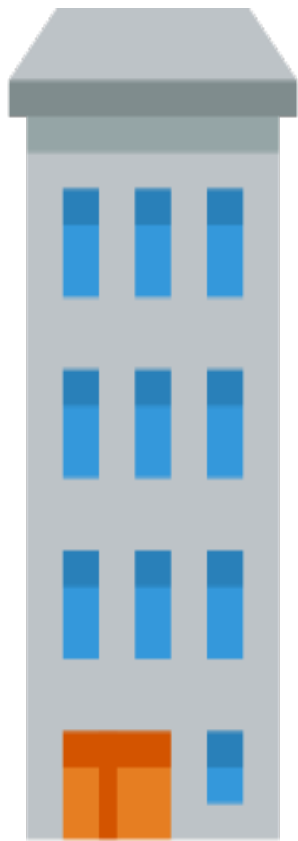
**WHAT OTHER
CHARACTERISTICS DO YOU
THINK ARE NEEDED?**

Most School Psychologists work in K-12 public schools





86%
Public Schools



Where do school psychologists work?

Walcott, Charvat, McNamara, & Hyson (2015)

10%
Colleges &
Universities



8%
Private
Schools



7%
Private
Practice



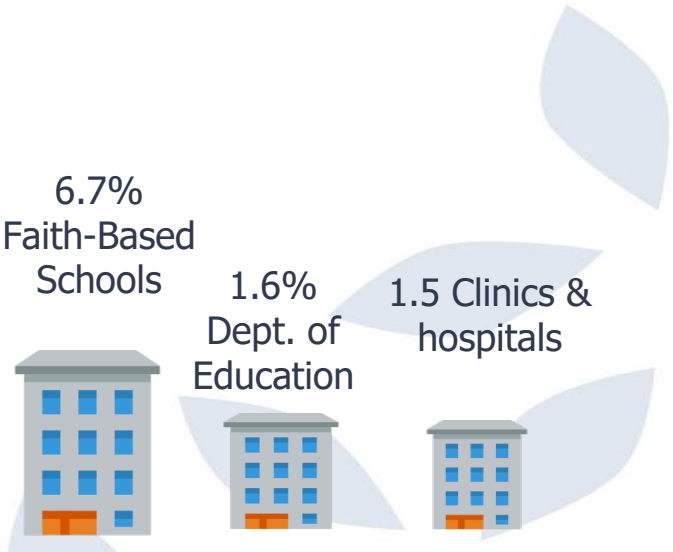
6.7%
Faith-Based
Schools



1.6%
Dept. of
Education

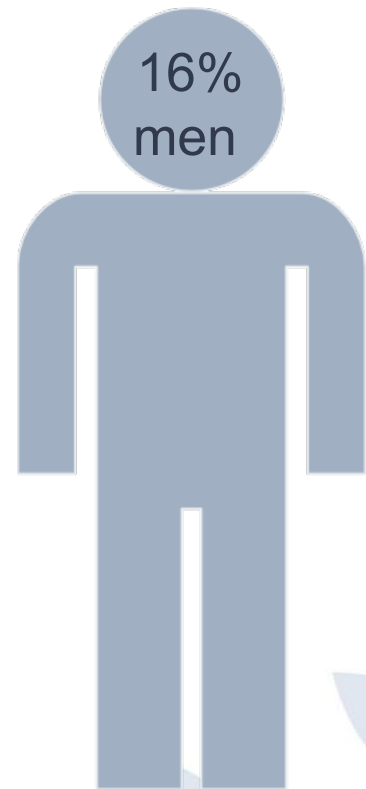


1.5 Clinics &
hospitals



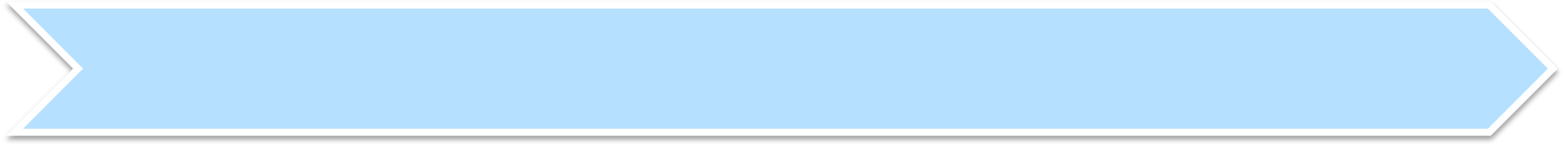
Who are today's school psychologists?

Gender



Walcott, Charvat, McNamara, & Hyson (2015)

How to become a School Psychologist



01

GRADUATE
FROM HIGH
SCHOOL

02

ATTEND
UNIVERSITY

03

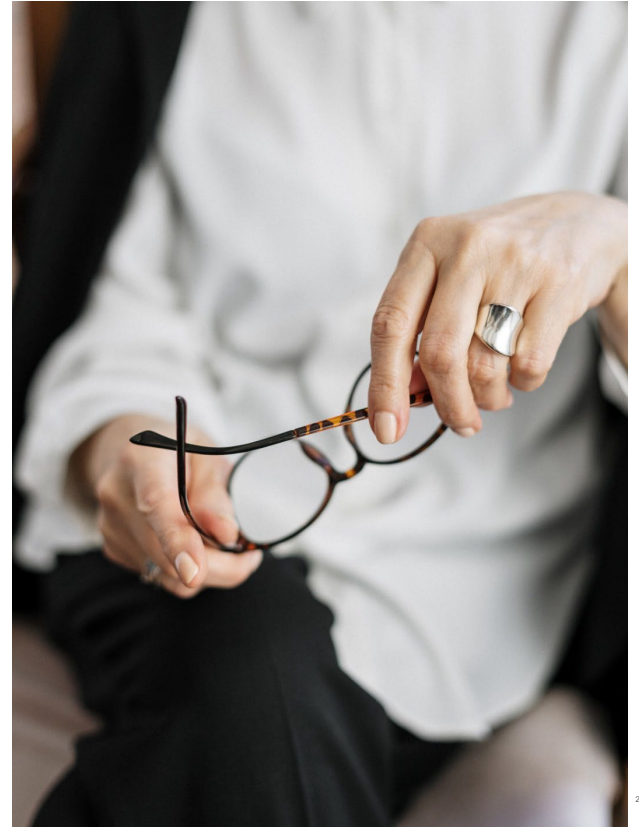
PREPARATION
FOR GRADUATE
SCHOOL

04

GRADUATE
SCHOOL
COURSEWORK

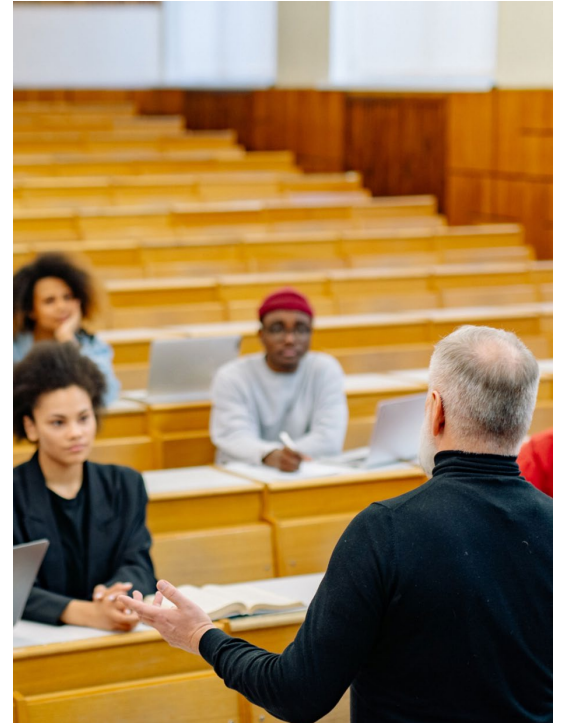
Preparing for graduate school in School Psychology

- **A Bachelor's degree** with a major in:
 - Psychology
 - Child Development
 - Sociology
 - Education or related field
- Volunteer or successful work experience with children and youth may be required
 - Camp, YMCA, or mentoring program
 - tutoring, after school programs



Preparing for graduate school in School Psychology

- **Masters degree** (M.Sc, M.Ed, M.A.)
 - 2 to 3+ years (some programs and provinces may include a 10 to 12 month internship)
 - Allows for work in schools, hospitals, private clinics
 - Independent practice depends on province



Preparing for graduate school in School Psychology

- **Doctorate** (Ph.D., Psy.D.)
 - >90 graduate semester hours
 - 4 to 6+ years (includes one year internship)
 - Allows for work in schools, academia, clinics, research
 - More options for independent practice



Canadian Graduate Programs in School Psychology



- 10 graduate programs in School Psychology in Canada
- Four Ph.D. program accredited by the Canadian Psychological Association (CPA)
- Some programs offer master's and doctoral level, others offer master's level only
- Check out program websites for more details
- <https://cpa.ca/sections/Educational>



Graduate School Coursework

Develop knowledge and skills in
Prevention and Intervention Services for Students and Families
typically including

- Assessment
- Academic/learning interventions
- Mental and behavioural health interventions
- Counselling
- Consultation
- Instructional support
- Special education services
- Crisis preparedness, response, and recovery
- Family-school-community collaboration
- Cultural responsiveness



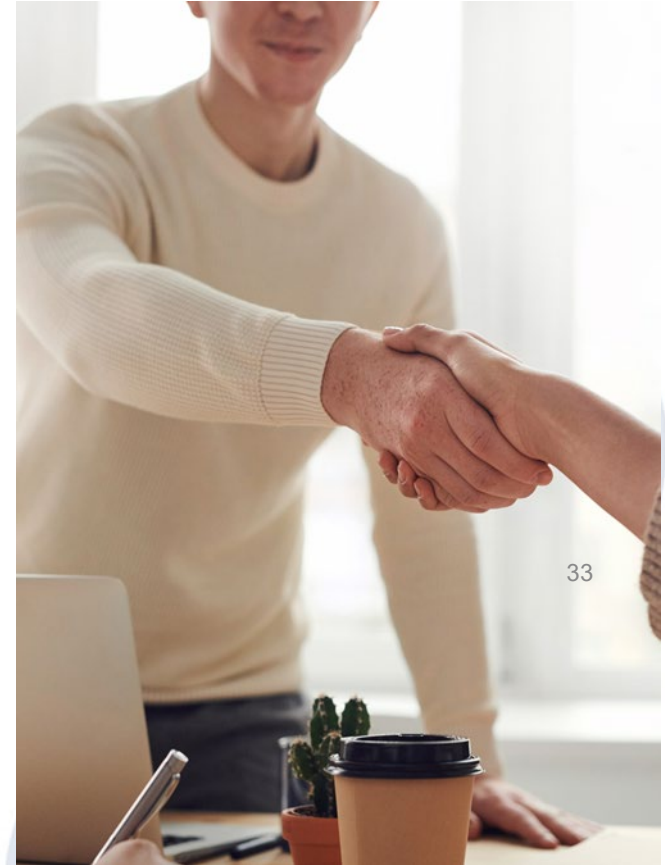
Graduate School Coursework

Develop knowledge and skills in
Foundations of Services Needed in Schools
typically including

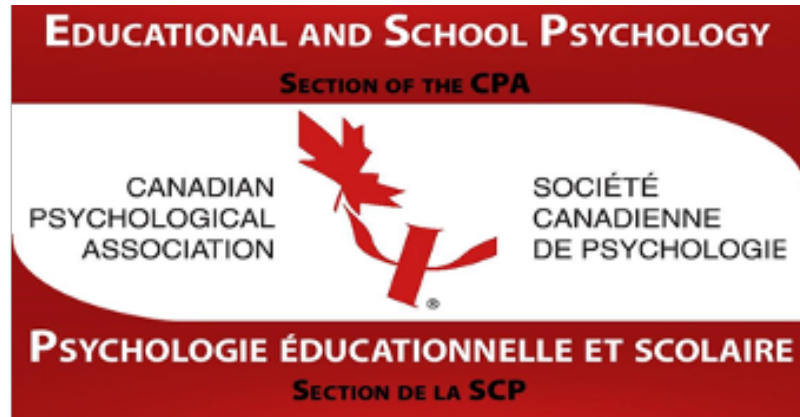
- Data collection and analysis
- Resilience and risk factors
- Consultation and collaboration
- Diversity in development and learning
- Research and program evaluation
- Professional ethics
- Education law

Getting a Job as a School Psychologist

- School Psychologists must hold a current, valid credential for practice
- Licensure/Registration/Certification varies by province
- Independent practice may require an additional credential



The Canadian Psychological Association Educational & School Psychology Section



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 - The members of the **Educational and School Psychology Section's Advocacy** committee for their work on the presentation <https://cpa.ca/sections/Educational/>

Questions?

For more information
about school
psychology visit:

[https://cpa.ca/sections/
Educational/](https://cpa.ca/sections/Educational/)

www.nasponline.org

