

CSO Secondary School Psychology Service: What does a School Psychologist do?

School Psychologists provide direct assistance and interventions to students; consult with teachers, families, and other professionals to improve supports for students; work with school leaders to improve school-wide practices and policies; and collaborate with community providers to coordinate other services that may be needed.

School Psychologists work with schools to:

- Improve academic achievement
- Promote positive behaviour and mental health
- Support diverse learners
- Create safe, positive school climates
- Strengthen family-school partnerships
- Improve school-wide accountability

Psychologists are trained and regulated specialist mental health professionals

A Psychologist has completed a four year undergraduate sequence of study majoring in Psychology in an accredited University program. In addition to this, they have undertaken postgraduate study or professional training specified by the Psychology Board of Australia. To practice as a Psychologist in Australia, they must maintain registration with the Australian Health Professionals Registration Authority (AHPRA) which includes undertaking a continuous professional development and adhering to ethical practice and conduct guidelines.

Why might a young person need to see a Psychologist at school?

All young people can face problems from time to time related to learning, social relationships, making difficult decisions, managing emotions, worries or feelings of isolation. They may be dealing with anxiety or depression or other mental health issues. Sometimes assistance beyond the student's usual support system is needed. The young person may reach out for assistance but sometimes it is parents or teachers that initiate the request. The School Psychologist understands how mental health issues affect learning, behaviour, well-being and school engagement and works as part of the network that helps students deal with challenging or difficult life experiences so that they better engage with their educational opportunities.