

Psychometric Assessment Quick Preparation Checklist

Before the Day

- Your child understands the assessment is not pass/fail, but about understanding how they learn and think
- You have explained the assessment using calm, positive language (e.g., "activities" rather than "tests")
- Your child has had a good night's sleep
- A nutritious breakfast is planned for the morning
- Regular medication (e.g., ADHD medication) will be taken as usual, unless advised otherwise

What to Pack

- A comfort item (if helpful)
- Glasses, hearing aids, or other supports
- A snack and water bottle

On The Day

- Plan to arrive 5-10 minutes early to allow time to settle
- Plan a calm or enjoyable activity after the assessment
- Regular medication (e.g., ADHD medication) will be taken as usual, unless advised otherwise



Psychometric assessments are conducted at our Avenue practice, located at 12 The Avenue, HURSTVILLE 2220

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