**[](https://www.edpsyched.co.uk/educational-psychologists)**

**Risk & Resilience**

**Profile 1**

Student:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship: Parent/Carer  Teacher  TA/Support 

**Directions**: The following helps us to build a profile and identify how we can best support the child / young person. Please circle the response (**N**ever, **R**arely **S**ometimes, **O**ften or **A**lways) that best describes the extent that you think these have an impact for the child / young person at this time.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| *Continued on next page* | **N**ever | **R**arely | **S**ometimes | **O**ften | **A**lways |
| 1. Feels that ‘no one understands them’ | N | R | S | O | A |
| 1. Feels pressure from others to attend school / rushed to return | N | R | S | O | A |
| 1. Appears anxious, on edge, or worried for most of the day | N | R | S | O | A |
| 1. Seeks a lot of reassurance, especially about upcoming events | N | R | S | O | A |
| 1. Appears low / shows a lack of positive emotion | N | R | S | O | A |
| 1. Struggles to do simple tasks they were previously capable of | N | R | S | O | A |
| 1. Worries what others think of them | N | R | S | O | A |
| 1. Is shy, self-conscious and/or easily embarrassed | N | R | S | O | A |
| 1. Lacks confidence in their abilities to achieve well at school | N | R | S | O | A |
| 1. Is fearful of making mistakes in class / avoids work activities | N | R | S | O | A |
| 1. Persistently talks about negative aspects of school | N | R | S | O | A |
| 1. Never says anything good / positive about school | N | R | S | O | A |
| 1. When feeling anxious / frustrated, feels this way for a long time | N | R | S | O | A |
| 1. Gets stuck in negative thought patterns / continues to talk about the same thing | N | R | S | O | A |
| 1. Has limited shared interests with peers | N | R | S | O | A |
| 1. Does not attend clubs with peers (inside or outside of school) | N | R | S | O | A |
| 1. Feels a sense of loss (e.g. due to bereavement, parental separation / divorce) | N | R | S | O | A |
| 1. Feels unstable with their home / school life | N | R | S | O | A |
| 1. Is not always certain which house they are staying at each night | N | R | S | O | A |
| 1. Does not know who will be at home | N | R | S | O | A |
| 1. Worries about their parents / carers when away from them | N | R | S | O | A |
| 1. Thinks that something bad might happen to their family | N | R | S | O | A |
| 1. Has a need to be around parents / carers to feel calm | N | R | S | O | A |
| 1. Stays home to spend time with family members/significant others | N | R | S | O | A |
| 1. Feels jealous of their brother / sister | N | R | S | O | A |
| 1. Often fights / argues with their brother / sister | N | R | S | O | A |
| 1. Does not feel comfortable leaving the house | N | R | S | O | A |
| 1. Only feels calm when at home | N | R | S | O | A |
| 1. Stays home so they can spend all day on devices/entertainment/media | N | R | S | O | A |
| 1. Finds it hard to come off technology, even for short periods of time | N | R | S | O | A |
| 1. Is viewed as an ‘anxious’ child / young person by others | N | R | S | O | A |
| 1. Is not encouraged to do anything which may lead to any anxiety | N | R | S | O | A |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **N**ever | **R**arely | **S**ometimes | **O**ften | **A**lways |
| 1. Has lost a connection to a teacher or friend | N | R | S | O | A |
| 1. Lacks confidence being in current classroom/s | N | R | S | O | A |
| 1. Is behind age-related expectations within areas of their learning | N | R | S | O | A |
| 1. Struggles to keep pace with the set work in class | N | R | S | O | A |
| 1. Dislikes going out of class for additional support | N | R | S | O | A |
| 1. Often feels frustrated by learning tasks | N | R | S | O | A |
| 1. Often falls out with / is bullied by peers | N | R | S | O | A |
| 1. Lacks close friendships in school | N | R | S | O | A |
| 1. Dislikes particular teachers / staff in school | N | R | S | O | A |
| 1. Struggles to talk with teachers / staff when has a difficulty | N | R | S | O | A |
| 1. Is anxious / fearful over particular parts of the school day (e.g. break time, specific lessons) | N | R | S | O | A |
| 1. Struggles during transition points in school (e.g. arriving, lesson change over) | N | R | S | O | A |
| 1. Feels overwhelmed by the noise / busyness in the classroom | N | R | S | O | A |
| 1. Does not have a place in school where they feel safe | N | R | S | O | A |
| 1. Feels that they will get into trouble for not attending school | N | R | S | O | A |
| 1. Thinks their teachers think badly of them / judge them for not attending school | N | R | S | O | A |

**What Is Their Current Rate Of Attendance?**

**Top 3 Most Difficult Parts Of The Day (e.g. Specific Anxieties, Times Of The Day Or Places They Feel Overwhelmed And Try To Avoid)**

**1.**

**2.**

**3.**

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**Have They Experienced Any Transitions Recently (e.g. New School, Returning After A Long Break, Moved House)?**

**Have They Experienced Any Adverse Childhood Experiences And/Or Traumatic Events (Recent Or Historical)?**

**Is There A History Of School Avoidance Within The Family?**