

Psychological Assessment Clinic

FAQ

What is psychological testing or assessment?

Psychological testing consists of a battery of scientifically developed tests and interviews that assess different aspects of a person's psychological and cognitive functioning. The purpose of psychological testing is to gain a comprehensive understanding of a person's strengths and weaknesses, identify potential cognitive deficits or learning difficulties, and potential mood or emotional problems in order to make appropriate recommendations for treatment. At the BGSU Counseling Center, the focus is on ADHD and Learning Disorders.

How can I benefit from getting tested?

There are multiple benefits of psychological assessment, including diagnostic clarification and determining the right treatment and resources for you. Your assessment results may make you eligible to receive academic accommodations, such as extended time on tests or assignments, a testing environment with limited distractions, or assistance with notetaking. For more information about academic accommodations at the University, please see the Accessibility Center's webpage. If you are concerned about the possibility of attention deficit hyperactivity disorder (ADHD), formal testing may be required to receive medication for this condition. If you have a previous diagnosis of ADHD, or have been tested previously, you may not require current testing and may be able to receive medication based on your history and diagnosis. Please reach out to your physician. Finally, psychological assessments provide greater self-awareness and understanding that can improve your academic and psychological functioning.

Who is eligible?

Currently registered BGSU students are eligible. You must complete the BGSU Counseling Center initial intake appointment paperwork and clinical interview to start the testing process.

What can I expect?

You can expect to attend several appointments over several weeks which will include a thorough interview, questionnaires, and a battery of comprehensive tests.

Can I do the psychological assessment virtually?

No, testing must be completed in person.

How much does it cost?

The cost for the psychological assessment is \$400.00, which must be paid in full in advance of scheduling. Please call the Counseling Center at 419-372-2081 to discuss payment arrangements.

Can I use my health insurance?

The BGSU Counseling Center does not bill private or student insurance. If you would like to use your health insurance, you will need to complete testing elsewhere. You can call your health insurance to find out more about your benefits and in-network providers for psychological assessments. You can also

utilize Thriving Campus at: <https://bgsu.thrivingcampus.com/> to find an outside provider that accepts insurance.

How much time does the assessment process take?

The amount of time depends on the assessment question and availability of the student. Typically, a student can expect to attend two to three appointments to complete testing, ranging from two to three hours each. Students will also attend a feedback session at the conclusion of testing to discuss results and recommendations. The average time from start to finish is approximately 6 to 8 weeks.

Is there a wait to get tested?

Psychological Assessments are scheduled on a first come first serve basis.

Do I need a referral?

A formal referral is NOT necessary. If you are questioning whether testing is the most appropriate option for you, feel free to schedule an appointment to discuss it. You can also contact the Psychological Assessment Clinic coordinator for more information at 419-372-2081 and ask to speak with Dr. Rivera.

Is the psychological assessment confidential?

Yes, all services at the Counseling Center are confidential. You will need to sign a release of information if you want your final report to be sent to anyone. More detailed information about confidentiality and limits to confidentiality will be discussed at your first appointment.

What do I need to do to prepare for the day of my evaluation?

As the testing process is lengthy and we want to obtain the most accurate results, it is important that you get a good night's rest the night before your appointment and eat. You will be given breaks during the testing process if needed. Please bring any reports from past assessments or any other documentation that may assist with the assessment process, such as past IEPs. If you need reading glasses, please bring those as well. Please inform the testing team if you are currently taking any medications, since some psychiatric medications impact attention and memory. It may be helpful to stop taking certain medication a day or two prior to testing, in order to obtain accurate results. Please consult with your prescribing physician first to determine if this is advisable. We also ask that you abstain from substance use prior to your testing appointment, as alcohol and other substances can negatively impact cognitive functioning, and we want to get the most accurate picture of your psychological functioning as possible.

What if I want to learn more?

If you are interested in learning more, you can:

- Call the Counseling Center at 419-372-2081
- Visit our website at: <https://www.bgsu.edu/counseling-center.html>
- Talk to your current BGSU Counseling Center clinician.

Contact the Psychological Assessment Clinic Coordinator via email at: riverac@bgsu.edu.