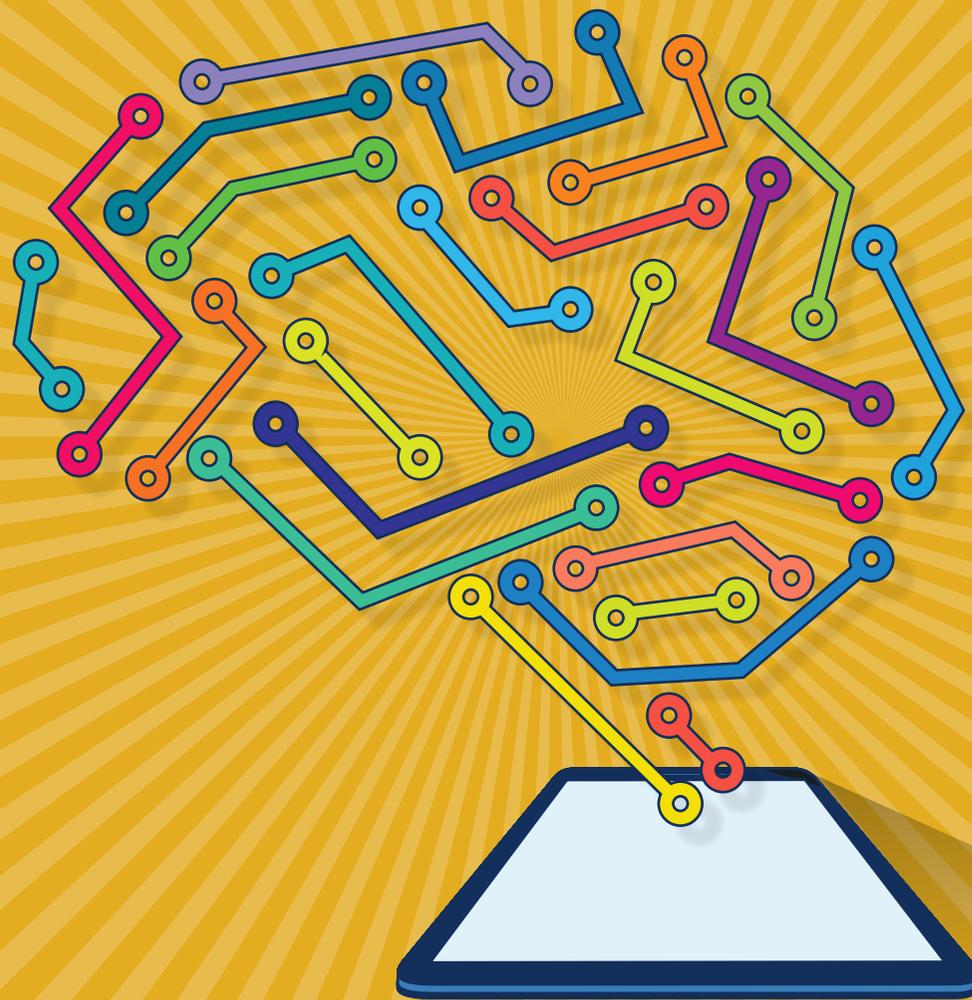


Volume 1 | Issue 3



Pearson

# The Mind's *Eye*



 PsychCorp™

## Dear Colleague,

One of the aspects of our clinical group that I am proudest of is the global nature of our products and services that help professionals and their clients around the world and particularly in India. We now know so much about how emotions, cognition, early development and language interact and impact the health, education, learning, work, well-being, and social life of individuals. We also know there are more similarities around personality, cognition, and mental development across cultures than differences and it is this knowledge and focus that enables us to offer our products and services globally. We perform country-specific adaptation of our products when necessary.

Our goal is to help our customers better understand, diagnose and interpret the challenges an individual has and to use that information to help improve lives. Our tradition since the founding of the Psychological Corporation in 1921 has been one of innovation, while using the science of psychology and human development to help people make progress in their life and achieve their goals. Now we are beginning to enable our products to be used in a digital medium, such as Q-global, which will enhance their utility, diagnostic precision, accessibility and affordability. We look forward to working closely as partners to help you in your professional endeavors as we innovate and create products and services for the future.

**Aurelio Prifitera, PhD**  
Global Managing Director  
Clinical Assessment  
Pearson



## Professional Speak

### *Enhancing psychological wellbeing of learners in schools Creating a strong foundation for learning*

Einstein's words "Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing that it is stupid" is best suited to approaching the notion of psychological wellbeing of learners in schools.

The term psychological wellbeing generally refers to the achievement of age-appropriate developmental milestones across domains - motor, communication, cognition, social-emotional and adaptive behaviours, effective coping skills, adequate concept of self with regard to esteem and confidence, secure attachments and bonding, and appropriate social skills and social support resulting in positive social relationships. In students, from pre-k through high school and college, psychological wellbeing is as important as physical wellbeing. Psychological distress, or low psychological wellbeing, may manifest either as internalizing (anxiety or depression) or externalizing (aggressive or disruptive) behaviours in a student and significantly impacts learning, not only for the individual learner but also for the classroom, and the entire school.

When present adequately, psychological wellbeing contributes to an overall and positive physical and emotional development of a learner and has been linked to better personal, academic and occupational outcomes. Age-appropriate physical and academic development in students is associated with stronger social and emotional support at home and school, from family, friends and school staff. Students receiving such support develop positive self-esteem and self-confidence and are more likely to lead successful lives beyond school. When students experience developmental delays or impairment in physical, sensory, communication or cognitive domains, this affects their psychological development and causes significant psychological distress. Unrealistic academic expectations that are beyond the student's abilities or contrary to the student's interests create or further exacerbate psychological distress. Psychological wellbeing, then, ought to focus on how best to help a learner learn, given their optimal learning capacity which is a function of their cognitive, emotional or behavioural profiles.

### About the author:

**Dr. Lalitha Subramanian** is a clinical psychologist with the Developmental Unit of Pediatrics and faculty member, at the Department of Clinical Psychology, Sri Ramachandra Medical College and Hospital, Chennai. She has 20 years of professional experience working with children and adolescents in the areas of developmental, learning and behavioral difficulties and has worked for 8 years as a school psychologist in the USA.

Timely and accurate identification of psychological distress and causal/contributing factors is key to addressing this distress and promoting greater wellbeing. It is, therefore, important for teachers and other professionals working with students to choose scientific, appropriate and updated assessment tools for identification and diagnosis of psychological issues in order that remedial measures such as counselling, psychotherapy, IEPs, classroom accommodations, etc. can be planned and implemented at the right time.

Schools often struggle to find the right solutions to address psychological wellbeing issues in their students. Digital assessment platforms that are easy to use, offer automated scoring and reporting of the assessment and allow online and remote management of a larger number of tests and users can show the way. Such digital platforms also need to be user-friendly and suitable for use by general classroom teachers, besides special educators and school counsellors. When implemented school-wide, these online psychological assessment solutions ought to offer school and mental-health professionals wider, faster and easier access to students across the school system, especially in a context of scarce time and manpower – a scenario common to many schools in India.

The right approach adopted by schools to enhance psychological wellbeing of their learners will ensure the right academic, emotional, social and behavioural paths are created for each learner. To help create a strong foundation for learning, these paths should lead to optimal success in the current and future life of the learner.



## Professional Of the Month

### Dr. Panch Ramalingam

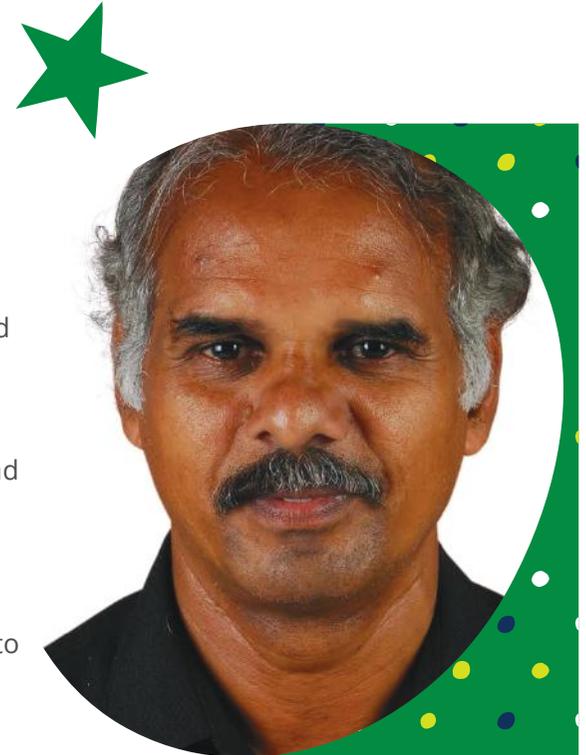
Dr. Panch. Ramalingam is Reader (Associate Professor) in the UGC – Human Resource Development Centre (UGC - HRDC), Pondicherry University for the past two decades. He has delivered lectures at UGC Academic Staff Colleges across the length and breadth of India and in prestigious institutions in India and abroad, on topics as varied as creative teaching, personality development, learning styles and cross-cultural psychology. In the past, Dr. Ramalingam has been a Reader in the Department of Applied Psychology and Coordinator, Psychological Counselling Centre, Pondicherry University, Puducherry. He teaches Counselling Psychology and Community Psychology to post-graduate students.

Dr. Ramalingam's areas of research include School Psychology, teacher education, undergraduate occupational preferences, decision-making and mental health in Educational Counselling Psychology, career counselling, integral education, yoga and Indian Psychology.

Backed by his research expertise, Dr. Ramalingam has presented several research papers in national and international conferences and holds the distinction of spearheading the hosting of several national-level conferences and international seminars. He has authored/edited more than 60 books including 20 books related to psychology and education. His expansive body of literary work has won several prestigious awards, including Best Book Award from the Government of Tamil Nadu, in 1991 and 1995, respectively. He has held editorial posts in several academic journals and newsletters in Psychology and allied fields.

Dr. Ramalingam was the Founder President of the Pondicherry Psychology Association, Founder Secretary of the Puducherry Co-operative Book Society, Puducherry, Founder Secretary, Indian School Psychology Association (InSPA) and Patron of the Pondicherry Educational Foundation. He is a current member of the International School Psychology Association (ISPA).

He can be reached at [panchramalingam@gmail.com](mailto:panchramalingam@gmail.com)



## Featured Institution

### Psychology @ University of Calcutta

University of Calcutta is a pioneering academic institution that established the first Department of Psychology in India, in 1916, followed by the Department of Applied Psychology in 1967. These sister departments conduct teaching and research in multiple, specialised areas of Psychology. Multidisciplinary research and academic curriculum is emphasized in both departments.

A significant contribution of these two departments is in the area of mental health; both free and paid services of psychometric assessment, counselling and psychotherapy are provided to a wide range of population seeking psychological advice. Community health programmes for mental health awareness through social media, disability and other psychological assessment processes are frequently organized on campus. Both departments cater to a large number of students, scholars, researchers and patients.

The **Clinical Psychology Centre** in the university runs an RCI-approved M.Phil program. The university also runs an advanced centre "Electrophysiological and Neuro-imaging Studies including Mathematical Modelling" sponsored by the University Grants Commission under the **Centre with Potential for Excellence in a Particular Area**, for inter-departmental research and academic activities of Dept. of Psychology with Depts. of Physiology and Applied Mathematics.

## We are now available for conversations beyond the telephone and email!

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### Connecting with us will help you know :

- What's new from Pearson globally
- New product launches for India and the subcontinent
- Upcoming Pearson Academy India workshops
- News from around the world on mental-health related issues
- Trends in mental-health care important for your professional practice

## Solution Pad

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MY CHOICE MY FUTURE

### My Choice My Future

My Choice My Future (MCMF) is a scientific, online career guidance solution to help individuals identify the right career path in the Indian context, by assessing their personality in relation to career interests and choices.

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## Pearson Academy India Learning Tracker

#### Learning Workshops for school and mental-health professionals

- How to Address Emotional Difficulties of Children and Adolescents in Schools
- Helping Improve Learning Outcomes of Children with Learning Difficulties
- Understanding and identifying ADHD in school children.

#### Learning workshops for pediatric and mental-health professionals

- Bayley-III: Assessing Key Developmental Domains in Young Children

#### Training & certification webinars:

- **Certified Cogmed Coach:** to deliver Cogmed working memory training program
- **Certified CDM Counselor:** to deliver Career Decision-making System (CDM)

## Who we are

**Pearson Clinical and Talent Assessment (PCTA)** is a part of Pearson, the world's learning company. PCTA has been at the forefront of test publishing for over 100 years. It is responsible for the publication of many tests which have now become the international standards in their fields. Learn more about PCTA at [www.pearsonclinical.in](http://www.pearsonclinical.in)

**Pearson Academy India (PAI)** is the services arm of PCTA. PAI works to enhance psychological wellbeing and create optimal learning for all individuals - across schools, hospitals, corporate and government initiatives. PAI services include **psychological assessment & intervention, professional training & certification and career guidance & counselling**. PAI services are available through a nationwide network of PAI centers that serve their respective cities and regions.

Visit [www.pearsonclinical.in/pai](http://www.pearsonclinical.in/pai) to know your nearest center.

Email [training@pearsonclinical.in](mailto:training@pearsonclinical.in) for more information and visit [www.pearsonclinical.in](http://www.pearsonclinical.in) to register for scheduled workshops and webinars.

## Contact Us

### Pearson Clinical and Talent Assessment

Phone: +91 9243600012 | Email: [info@pearsonclinical.in](mailto:info@pearsonclinical.in) | Website: [www.pearsonclinical.in](http://www.pearsonclinical.in)

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We'd like to hear from you



[themindseye@pearson.com](mailto:themindseye@pearson.com)