

How to Prepare for Your Session

To ensure you get the most out of your assessment, follow these steps to prepare:

1. Complete Pre-Assessment Forms:

- Fill out any pre-assessment questionnaires or forms provided. These forms gather essential background information about your challenges and goals.

2. Set Up Your Space:

- Ensure you have a quiet, comfortable space free from distractions for the duration of the assessment, which takes about an hour.
- Make sure your computer, internet connection, and any required software (e.g., Zoom) are working properly.

3. Check Your Equipment:

- Test your microphone, speakers, and camera (if applicable) to ensure they are functioning correctly.
- Have your wireless or wired mouse ready (not a touchpad or trackball).

4. Prepare Mentally and Physically:

- Get a good night's sleep before the session to ensure you are well-rested.
- Eat a healthy meal or snack to keep your energy levels stable.
- Stay hydrated.

5. Be Ready to Engage:

- Be prepared to actively participate and follow instructions during the assessment.
- Have any questions or concerns ready to discuss with Dr. McReynolds.

6. Contact Information:

- Ensure you have the contact details for technical support or any other assistance you might need during your session.

Need Assistance?

If you need further assistance or have any questions about preparing for your session, please don't hesitate to contact us:

- **Phone:** 909-435-7189
- **Email:** connie@mcreyno.com

We are here to support you every step of the way to ensure a successful and productive assessment session.