

# Let's Talk Learning Disabilities

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## EPISODE 21

In this Episode, Laurie and Abbey talk about IQ testing, how it originated, what the testing is used for and how it continues to be useful in learning about and treating learning disabilities.

### **What is IQ Testing and Where Did it Come From? (2 min)**

IQ stands for intellectual quotient or intellectual ability. It is also interchangeable with cognitive testing or cognitive evaluation. Cognitive or intellectual testing has been around since the early 1900s. Alfred Benet first created and introduced the first IQ test and the intelligence scales. And still to this day, there is an intelligence test called the Stanford Benet, where he and another man teamed up to develop it.

### **Can Your IQ Change? (3 min)**

Absolutely it can. It is a commonly believed myth that your IQ is what it is and it can't be improved. In reality, it can change as you continue to grow and develop. Also, if you are very strong in one area, and the rest of your age group improves their skills at a faster rate than you, your scores could move from average to below average in that area. It's not that knowledge or capabilities have been lost necessarily, but it could mean that you've stayed the same where others have improved. There is also a different test variation for children, so if you've tested as a child, and have not retested, taking an IQ test as an adult would be a great indicator of how your brain has grown and changed through the years.

### **What Can IQ Tests be Used For? (9 min)**

IQ tests are a great resource to be able to show your mental capacity. When applying for certain necessary accommodations, it is helpful to show what you are capable of, especially if it is able to show that having those

accommodations is a benefit to you. The best and most accurate IQ testing is done one on one with a trained professional, who can recognize if there are other factors at play such as focusing issues, processing speeds, impulsive decision making, etc. Each of those factors play a role in why someone may react the way they do to the test. An average IQ score is 100, which means the average range and 50% of the population, is going to fit somewhere in that 90 to 109 range.

### **What IQ Tests are Accurate? (19 min)**

There is a lot of research that backs up the test format, questions, and results of the IQ test. You can take a brief IQ assessment, which will give you a break down of your top 2-3 skills, which is great for general knowledge, but if you really want to dive into a specific skill set or area of testing, like processing speed, you really are going to need a full battery of testing, or a thorough assessment. Also, a nonverbal IQ can be obtained on many different intelligence tests. So if someone has a really severe speech and language disorder or a physical disability that interferes with their ability to speak or to communicate in language or they're second language learners, or they're bilingual there are intelligence tests that can derive an IQ without requiring so much verbal information to be given. A new version of tests are released every 10 to 12 years for continuing research and relevance. Laurie and Abbey speak to the new test versions and educate their clients about the process of new testing coming out. When a new version is released, the first year or so the scoring can typically be lower, because it is a reset of what is normal. If you are looking to learn more about IQ testing or even how it can help as you advocate for your learning disability, reach out to a professional who is familiar with the process and can dedicate time to one on one evaluations.

### **Resources**

Contact info for the podcast: [letstalklearningdisabilities@gmail.com](mailto:letstalklearningdisabilities@gmail.com)

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