

Are you light sensitive?

Bothered by sunlight

Yes

No

Bothered by glare

Yes

No

Do you frequently wear sunglasses

Yes

No

Bothered by bright or fluorescent lights

Yes

No

Tired or drowsy under bright or fluorescent lights

Yes

No

Become anxious under bright or fluorescent lights

Yes

No

Get a headache/stomachache from bright or fluorescent lights

Yes

No

Feel antsy or fidgety under bright or fluorescent lights

Yes

No

Harder to listen under bright or fluorescent lights

Yes

No

Performance deteriorates under bright or fluorescent lights

Yes

No

Feel like there is not enough light when reading

Yes

No

Feel like there is too much light when reading

Yes

No

Read in dim light

Yes

No

Shade the page with your hand or body

Yes

No

Types of reading difficulties:

Skip words or lines

Yes

No

Repeat or reread lines

Yes

No

Read with breaks

Yes

No

Lose place

Yes

No

Read in a “stop and go” rhythm

Yes

No

Omit small words

Yes

No

Poor reading comprehension

Yes

No

Reading becomes harder the longer you read

Yes

No

Use your finger or marker to help keep your place

Yes

No

Avoid reading

Yes

No

Avoid reading for pleasure

Yes

No

Rereads for comprehension

Yes

No

Reversals of letters and/or numbers

Yes

No

While reading or using a computer, do you:

Rub eyes

Yes

No

Move closer to or further away

Yes

No

Squint

Yes

No

Open eyes wide

Yes

No

Incorporate breaks

Yes

No

Change position to reduce glare

Yes

No

Close or cover one eye

Yes

No

Move head

Yes

No

Read word by word

Yes

No

Unable to speed read

Yes

No

Do you feel strain, fatigue, tired, or have headaches when:

Reading

Yes

No

Listening

Yes

No

Doing paper and pencil tasks

Yes

No

Reading on the computer / iPad / iPhone / Tablet

Yes

No

Watching TV, movies, or live stage productions

Yes

No

Copying material

Yes

No

Doing math assignments

Yes

No

Playing video games

Yes

No

Writing essays

Yes

No

Doing visually-intensive activities like needlepoint, sewing, cross stitching, crossword puzzles, woodworking, soldering, etc.

Yes

No

Reading under bright or fluorescent lights

Yes

No

Looking at stripes, patterns, polka dots, fluorescent colors

Yes

No

Handwriting:

Write up or down hill

Yes

No

Unequal or no spacing between letters or words

Yes

No

Unequal letter size

Yes

No

Unable to write on the line

Yes

No

Leave out words, letters, or punctuation marks

Yes

No

Attention/Concentration:

Problems concentrating with reading or writing

Yes

No

Easily distracted when reading or writing

Yes

No

Easily distracted when listening

Yes

No

Easily distracted when taking tests

Yes

No

Daydreams in class or at lectures

Yes

No

Problems staying on task

Yes

No

Problems starting tasks

Yes

No

Difficulty with scantron answer sheets

Yes

No

Copying:

Lose place (book, chalkboard, whiteboard, overhead)

Yes

No

Leave out words (book, chalkboard, whiteboard, overhead)

Yes

No

Slow (book, chalkboard, whiteboard, overhead)

Yes

No

Incomplete (book, chalkboard, whiteboard, overhead)

Yes

No

Careless errors (book, chalkboard, whiteboard, overhead)

Yes

No

Blink or squint (book, chalkboard, whiteboard, overhead?)

Yes

No

Difficulty refocusing

Yes

No

Difficulty copying things onto or off computer or typewriter

Yes

No

Composition/Essay Writing:

Disorganized

Yes

No

Problems with punctuation

Yes

No

Problems proofreading

Yes

No

Leave out letters or words

Yes

No

Write without rereading

Yes

No

Mathematics:

Misalign digits in number columns

Yes

No

Difficulty seeing numbers in the correct column

Yes

No

Sloppy or careless errors

Yes

No

Use finger, graph paper, or other marker when working with columns of numbers

Yes

No

Difficulty seeing signs, symbols, numbers, decimal points

Yes

No

Reversals of numbers

Yes

No

Music:

Problems sight reading the notes

Yes

No

Prefer to memorize rather than read music

Yes

No

Prefer to play by ear

Yes

No

Use finger to track notes

Yes

No

Lose your place

Yes

No

Trouble reading the notes or notes and words together

Yes

No

Difficulty interpreting the music notations

Yes

No

Little progress in spite of regular practice

Yes

No

Depth Perception:

Difficulty getting on and off escalators

Yes

No

Clumsy

Yes

No

Bump into table edges or door jams

Yes

No

Difficulty walking up and/or down stairs

Yes

No

Difficulty judging distances

Yes

No

Drop or knock things over

Yes

No

As a child, accident prone or have bruises on your shins

Yes

No

When walking next to someone, do you drift into the person

Yes

No

When walking, do you feel dizzy or light headed

Yes

No

Afraid of heights

Yes

No

Sports Performance:

Problems tracking a flying ball like golf, baseball, or tennis

Yes

No

Trouble following the ball when watching sports on TV such as tennis, football or basketball

Yes

No

When watching sports on TV, can you follow the ball but not see anything else

Yes

No

Trouble catching or hitting a ball

Yes

No

Difficulty playing pool

Yes

No

Difficulty hitting the ball when playing baseball or tennis

Yes

No

Trouble learning how to ride a bike

Yes

No

Trouble jumping rope? Jump in at the wrong time or jump into the rope

Yes

No

Trouble playing games such as volley ball or four square

Yes

No

On playground equipment such as rings or bars, was it hard to go from one to the other

Yes

No

Driving:

Difficulty parallel parking

Yes

No

Do you feel like you will hit the car in front when parking

Yes

No

When parking, do you hit the curb or leave too much space

Yes

No

Difficulty judging when to turn in front of oncoming traffic

Yes

No

Uncertain about making lane changes

Yes

No

Extra cautious when making lane changes

Yes

No

Are the passengers tense when you make lane changes

Yes

No

Do passengers tell you that you tailgate

Yes

No

Are you overly cautious, leaving extra room between you and the car ahead

Yes

No

Fatigue While In A Car:

As a passenger, do you become drowsy

Yes

No

When driving, do you become drowsy

Yes

No

Bothered by glare on the chrome on cars

Yes

No

Bothered by glare off the rear window of the car in front of you

Yes

No

Stressful to drive in the rain/snow (glare)

Yes

No

Avoid driving at night

Yes

No

Bothered by headlights and street lights at night

Yes

No

Bothered by tail lights on cars

Yes

No

Bothered by red/green traffic lights

Yes

No

Have night blindness

Yes

No