

This set of checklists were put together by Dr Sylvia Moody and Melanie Jameson  
They should be used on the understanding that they are not diagnostic tools and can only  
give an indicator that several TICKS warrant a follow up discussion with a specialist.  
I would be happy to provide a follow up consultation or advise of other reputable  
organisations who could provide that service.

## **A. DYSLEXIA CHECKLIST: STUDY DIFFICULTIES**

### **Reading**

- reading quickly .....
- reading with good comprehension.....
- learning from books.....
- recalling what has been read .....
- reading aloud .....

### **Writing**

- writing neatly .....
- writing quickly.....
- writing reversible letters (b, d, p, g, m, w) .....
- sequencing letters (was-saw) .....
- spelling.....
- putting ideas down in writing .....
- writing a cheque.....
- filling in forms .....
- writing a letter.....
- writing a report/essay .....

### **Speech and comprehension**

- saying long words .....
- speaking in public .....
- explaining things to people simply and clearly.....
- following conversations or discussions .....

taking notes at a lecture or meeting .....

**Memory and concentration**

remembering and following instructions .....

remembering:    messages.....

                  telephone numbers.....

                  times of trains or buses .....

                  times of appointments .....

doing sums in your head .....

concentrating for long periods .....

organising a work schedule / daily life .....

**Orientation**

following left/right instructions .....

reading maps .....

finding your way in a strange place .....

looking things up in dictionaries / directories .....

**Emotional reactions:**    Circle words or phrases that apply to you:

Please mark any of the following which you feel describe your reactions to your difficulties:

frustrated        angry        confused        lacking in confidence        anxious

defensive        aggressive        embarrassed        low in self esteem        depressed

Other (please describe).....

## B. DYSLEXIA CHECKLIST: WORKPLACE DIFFICULTIES

Tick if YES

### Reading

- following written instructions .....
- following technical manuals .....
- quickly getting gist of letters / reports etc .....
- recalling what has been read .....

### Writing

- confusing reversible letters, e.g., b, d .....
- sequencing letters (discussion - discussion) .....
- spelling .....
- handwriting .....
- filling in forms .....
- expressing ideas clearly in writing .....
- writing memos/letters .....
- writing reports .....
- taking notes/Minutes .....

### Numerical data

- copying numbers .....
- tabulating numbers .....
- doing arithmetical calculations .....
- using calculator .....

### **Speech and Comprehension**

- following a conversation/discussion .....
- contributing to a discussion .....
- presenting thoughts succinctly .....

### **Memory and Concentration**

- following oral instructions .....
- remembering: ..... 
  - messages .....
  - appointments .....
- concentrating for long periods .....

### **Visuo-motor Skills**

- inputting data on computer/calculator .....
- analysing complex visual arrays, e.g., maps, graphs, tables of figures .....
- getting bearings in large or complex buildings .....

### **Sequencing**

- filing .....
- retrieving files .....
- looking up entries in dictionaries/directories .....

### **Organisation**

- planning work schedules .....
- meeting deadlines .....
- keeping papers in order .....
- working efficiently .....

### C. DYSLEXIA CHECKLIST: EVERYDAY DIFFICULTIES

- Writing a cheque .....
- Filling in forms.....
- Writing letters.....
- Reading letters.....
- Reading official documents .....
- Reading a newspaper .....
- Understanding operating/safety instructions on household gadgets.....
- Reading television schedules.....
- Reading recipes .....
- Reading bus / train timetables.....
- Making shopping lists.....
- Dealing with money in shops.....
- Checking bank statements.....
- Keeping track of outstanding bills.....
- Explaining things clearly to others.....
- Placing orders over the telephone.....
- Conducting enquiries over the telephone .....
- Following spoken instructions .....
- Following left-right instructions .....
- Reading maps.....
- Reading signposts .....
- Orienting oneself in a strange place or complex environment, e.g., tube station ...
- Remembering where things have been put.....
- Looking up telephone numbers in directories .....
- Recording telephone numbers correctly .....
- Remembering messages .....

- Remembering appointments .....
- Organising daily life.....
- Concentrating for longer than an hour.....
- Working continuously for longer than an hour .....

Checklist author: Sylvia Moody

## D. VISUAL STRESS / VISUAL PROCESSING

Checklist author: Melanie Jameson

**Tick if Yes**

1. Does reading make you tired? .....
2. Do you often lose your place when reading? .....
3. Do you reread or skip lines when reading? .....
4. Do you read words/numbers back to front? .....
5. Do you miss out or misread words when reading? .....
6. Do you use a marker or your finger to keep the place? .....
7. Are you easily distracted when reading? .....
8. Do you become restless or fidgety when reading? .....
9. Do you get headaches when you read? .....
10. Do your eyes become sore or water? .....
11. Do you screw your eyes up when reading? .....
12. Do you rub or close one eye when reading? .....
13. Do your difficulties increase the longer you read? .....
14. Do you prefer dim light to bright light for reading? .....
15. Does white paper (or white board) seem to glare? .....
16. Does print seem to move about as you read? .....
17. Does print become distorted or shimmer as you read? .....
18. Do you find striped patterns uncomfortable to look at? .....
19. Is it uncomfortable to read under fluorescent lighting? .....