



A checklist for dyslexia

Student contact details:

Name:

Preferred contact number/email:

Student Registration Number:

Local Education Authority:

Date returned checklist:

Can you please return the completed checklist to Disability Assist Services in the pre-paid envelope provided.

Judith Waterfield
Head of Disability ASSIST Services
University of Plymouth



What is dyslexia?

- ❖ It is a paradoxical learning difficulty – it bears no relation to intelligence.
- ❖ It need not be disastrous – difficult, yes, disastrous, NO.
- ❖ Everyone experiences dyslexia in her or his own way
- ❖ Dyslexia usually goes with a high level of anxiety (particularly when the person is put “on the spot”).
- ❖ It is a pattern of difficulties related to language and memory and may affect reading, spelling and writing.
- ❖ It also affects organisation, memory and sequencing of time, remembering left and right.
- ❖ It is estimated that around 60% of dyslexics have difficulty with numbers.
- ❖ The impact of dyslexia can be mild through to severe relating to the demands being made upon the individual.
- ❖ 1 person in 25 is dyslexic to some extent – 2% of the population has severe dyslexia.
- ❖ People with dyslexia experience good and bad days of efficiency.

Specific Learning Difficulties Checklist

You may want to use this checklist to test out for yourself about a specific learning difficulty you feel you might have.

You may want to bring the completed checklist with you when you are asking for a more detailed assessment. If so, please put your name at the top.

Think carefully about your answers. Other people – family or friends, may be able to answer some for you.

Think back – do you remember...

	Yes	Some times	Not sure	No
Struggling to learn to read	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having a difficulty with handwriting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confusing left and right and needing “memory joggers”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Receiving extra help with reading and spelling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Struggling to learn French	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Needing speech therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finding it difficult to memorise multiplication tables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Misreading numbers or writing numbers incorrectly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other members of your family having similar problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Think about now – do you ...

Generally:

	Yes	Some times	Not sure	No
Still confuse left and right	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Need to write everything down and still forget!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have problems with maps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Find it difficult to memorise telephone numbers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Struggle to find the word to describe or name something	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Find it difficult to remember people's names	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dread being given verbal instructions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When you are reading – do you...

	Yes	Some times	Not sure	No
Lose your place on the line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Switch lines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty making sense of a passage unless you read it several times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you look away are you slow in finding your place again	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Add words that are not there	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is it difficult to scan to make sense of a passage or to find a fact	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When you are spelling – do you...

	Yes	Some times	Not sure	No
Spell a word different ways in the same piece of work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reverse letters in a word	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confuse letters (e.g. b/d, f/t, n/v)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Choose another word you can spell!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forget basic spelling rules you have been taught	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Add letters to a word	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Miss out letters in a word	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Miss out parts of a word	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When you are writing...

	Yes	Some times	Not sure	No
Are your letters written in different directions, badly formed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your hand ache	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you leave out punctuation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you forget to cross 't', dot 'i' or cross 'l' instead of 't'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you leave out capitals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you print everything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you leave out syllables in words	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it hard to copy notes from a board or overhead projector	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Many people experience some of these difficulties especially under pressure of work. If you have ticked "Yes" or "sometimes" to many of the boxes in one or more sections it may be worth you having an assessment to find out for certain if you have a specific learning difficulty (dyslexia).

For further information contact Disability Assist Services, University of Plymouth, Room 8-11, Babbage Building, Drake Circus, Plymouth, PL4 8AA

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