

Pupil Checklist for Dyslexia			
Name		Date of Birth	
School		Class	

If you think you may have dyslexia, you should complete this checklist by ticking the boxes. If you are completing this on a computer, copy and paste the tick in the answer box you chose. ✓

Please remember that there are no right or wrong answers – each person is an individual, with different strengths. Think carefully, but not too long about your answers – ask for help if you are not sure about how to answer any question.

Writing			
Do you,	Yes	No	?
find it hard to organise ideas on paper compared to explaining			
find it hard to listen and take notes at the same time.			
have difficulty copying accurately at the same speed as others			
have problems finding the exact word you want to use			
miss out or add in letters of words			
miss out little words			
confuse or reverse letters in a word e.g. b/d; b/p; f/t; n/v			
have problems writing essays/reports in the right order			
have messy or illegible handwriting			
have difficulties with spelling			
Is there anything else that bothers you about your writing			

Reading			
Do you,	Yes	No	?
read very slowly			
find reading difficult and tiring			
misread or misinterpret text			
have to read text over again to make sense			
have difficulty finding information in a text			
lose your place when you are copying from the white/black board			
lose the place when reading			
forget the beginning in longer questions			
find it hard to use a dictionary or index			
find black print on white paper difficult to see clearly			
is there anything else that bothers you when reading?			

Numbers/Maths			
Do you,	Yes	No	?
mix up numbers or confuse maths symbols			
confuse dates and times			
have difficulty with directions (left/right)			
find it hard to remember tables			
find it hard to get information from graphs and charts			
have problems holding numbers in your head when calculating			
get muddled when doing a complicated maths problem			
have problems reading and understanding maths words			
find it hard to remember the order of steps to solve problems			
is there anything else that makes maths hard for you?			

In general, do you...	Yes	No	?
avoid reading if you can			
avoid writing if you can			
find it hard to finish work in time allowed			
forget or lose books and equipment			
find it hard to follow instructions			
lose answers because your work is messy			
find it hard to remember names, and messages			
often put things in the wrong order			
have problems judging speed and distance			
have poor balance, or clumsy			
find you are easily distracted			
miss deadlines, appointments etc			
tend to bump into things/people			
feel confused when you find simple tasks hard			
try to hide your difficulties from others			
lack self confidence			
feel angry and frustrated at times			
think of yourself as a failure			
wonder if you really are stupid			
sometimes think you will never succeed			
Is there anything you would like to add?			

You may have ticked a number of yes boxes – this does not necessarily mean that you are dyslexic. Many people experience some of these problems, especially when they are stressed. You could have some problems with your eyesight or your hearing, or perhaps English is not your first language. A Pupil Support Teacher will support you with this questionnaire and discuss your answers with you.