**A black background with blue text

Description automatically generated with low confidence**

**Adult Dyslexia Checklist**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Name** |  | | | **Work/college/ Uni’ details** |  | |  | | |
| **DOB** |  | **Age** |  | | |  | | **Date** |  |

|  |  |  |
| --- | --- | --- |
| **Difficulties** | **I agree** | **I disagree (DO NOT AGREE)** |
| There is a family history of similar difficulties |  |  |
| It is hard to remember facts, quotes or formulas |  |  |
| It is difficult to recall two or more instructions |  |  |
| I prefer to be shown how to do something or have pictures. |  |  |
| If only spoken information is given, I often forget what the people have said |  |  |
| It is hard remembering sequential information, e.g. times tables, science procedures, historical facts. |  |  |
| I have a poor concept of time and can be late for things or run out of time |  |  |
| Notetaking is hard, especially when listening to someone at the same time |  |  |
| I find it hard to organise myself, remember deadlines, equipment, etc |  |  |
| I can find it hard to recall words (say them even if I know them) |  |  |
| When I am talking, I seem to need more time than others to get my words out or compose what I want to say |  |  |
| When I am reading, I forget what I have read unless I read it over and over again |  |  |
| I seem to read at a slower pace than others and often run out of time or need longer |  |  |
| I do not like reading aloud in front of others |  |  |
| I do not read for pleasure, or if I do, I forget what I have read |  |  |
| I find it hard following conversations, in group work or at home |  |  |
| I find subject vocabulary hard to spell or remember (trapezium, photosynthesis etc) |  |  |
| I find it hard to work out the sounds in words, or write these down as letters |  |  |
| I have persistent difficulty with spelling and often use easier words, or have to look words up |  |  |
| I find it hard to structure and organise my writing |  |  |
| It is hard to copy accurately, or I run out of time |  |  |
| I have difficulties producing clear, legible handwriting |  |  |
| I have low self-esteem (for English or learning, but not in other areas) |  |  |
| I run out of time in tests or examinations which require a lot of writing |  |  |
| It can be hard to work out what a test question is asking, or I misunderstand questions |  |  |
| I sometimes use avoidance tactics or procrastinate |  |  |
| I can lack confidence about my ability |  |  |
| Humanities (history, geography, English and subjects that require a lot of reading and writing) were, or are, harder than subjects such as math’s and ICT. |  |  |
| Other (describe) |  |  |

|  |  |  |
| --- | --- | --- |
| **Strengths** | **Yes** | **No** |
| Sophisticated understanding of language |  |  |
| Good critical thinking and reasoning skills – can solve problems |  |  |
| Capacity to perceive information 3-dimensionally |  |  |
| Creative, imaginative, practical skills |  |  |
| Good interpersonal skills |  |  |
| Intuitive |  |  |
| Visual spatial skills -can work with pictures and charts well |  |  |
| Good visual memory |  |  |
| Capacity to see the “big picture” |  |  |
| Good general knowledge |  |  |
| Sport and/or drama skills |  |  |
| Other (describe) |  |  |

Do you feel that you would benefit from Examination Access Arrangements (EAA) such as extra time, a reader, a scribe or mini breaks? Yes/ No

Have you been awarded EAA in the past? \_\_\_\_\_\_\_\_\_

Please give any other details here that you feel are relevant.

Your Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s / carer’s Title if under 18: \_\_\_\_\_\_\_\_\_\_\_\_

Telephone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How do you prefer to be contacted? Email □ Telephone □

Please return this to: [office@coast-education.co.uk](mailto:office@coast-education.co.uk)