

# PARENT AND TEACHER SYMPTOM CHECKLIST

Student Name \_\_\_\_\_ Date \_\_\_\_\_  
Prepared by \_\_\_\_\_ Relationship to Student \_\_\_\_\_

## VISION

- \_\_\_\_\_ Headaches in forehead or temples
- \_\_\_\_\_ Eyes ache
- \_\_\_\_\_ Eyes do not point at same place
- \_\_\_\_\_ Print blurs
- \_\_\_\_\_ Print doubles
- \_\_\_\_\_ Short attention span in reading or copying
- \_\_\_\_\_ Head movement while reading
- \_\_\_\_\_ Loses place
- \_\_\_\_\_ Uses finger or marker to keep place
- \_\_\_\_\_ Leaves out words
- \_\_\_\_\_ Cannot stay on line when writing
- \_\_\_\_\_ Skips lines
- \_\_\_\_\_ Rereads lines
- \_\_\_\_\_ Mis-oriens lines when drawing
- \_\_\_\_\_ Poor spacing between letters and words
- \_\_\_\_\_ Squints
- \_\_\_\_\_ Closes or covers one eye
- \_\_\_\_\_ Misaligns number columns
- \_\_\_\_\_ Confuses similar words
- \_\_\_\_\_ Comprehension reduces as reading continues
- \_\_\_\_\_ Does better on classwork toward beginning of day
- \_\_\_\_\_ Blinks excessively
- \_\_\_\_\_ Holds book too close to face
- \_\_\_\_\_ Holds book far away
- \_\_\_\_\_ Avoids most near-point tasks
- \_\_\_\_\_ Makes errors in copying from chalkboard or book
- \_\_\_\_\_ Rubs eyes frequently
- \_\_\_\_\_ Works very slowly at desk tasks
- \_\_\_\_\_ Poor comprehension, even with easy materials
- \_\_\_\_\_ Difficulty with written directions
- \_\_\_\_\_ Poor handwriting
- \_\_\_\_\_ Slow reading
- \_\_\_\_\_ Jerky reading
- \_\_\_\_\_ Behavior worsens when asked to work at desk tasks
- \_\_\_\_\_ Tilts head when working at desk
- \_\_\_\_\_ Inserts words from lines above or below where reading
- \_\_\_\_\_ Frequently blinks hard to clear vision
- \_\_\_\_\_ Moves lips while reading silently

**SCOTOPIC SENSITIVITY-IRLEN SYNDROME**

Note: Many of the listed vision-related symptoms can be mimicked in Scotopic Sensitivity-Irlen Syndrome. Look also for the following symptoms:

- Reddened eyes
- Eyes tear frequently
- Nausea when reading or working at desk tasks
- Print or figures move on page
- Burning, itchy, dry, or scratchy eyes
- Gross postural deviations when working at desk
- Frequently shades eyes from light glare
- Wears sunglasses indoors
- Wears ball cap with bill low over eyes, even indoors
- Consistently bothered by page glare
- Bothered by white or glossy pages
- Repeatedly confuses right-left directions
- Complains of bizarre appearance of page
- Prefers to read in dim light
- Does better under incandescent than fluorescent lights
- Consistently reads better at home than at school
- Fatigues very quickly (5-15 mm.) at desk tasks
- Gets sleepy when reading
- Opens eyes wide when reading
- Captivated or bothered by patterns in print or on surfaces
- Difficulty with small-ball sports
- Bothered by headlights at night
- Discomfort with computer use

**SYMBOL IMAGERY**

- Poor visual memory
- Difficulty learning math facts
- Difficulty mastering sight words when reading
- "Sounds out" even very common words
- Does not recognize words read a short time earlier
- Spelling mistakes are phonetically correct
- Cannot remember spelling exceptions
- Cannot remember spelling words after final test

**PHONEMIC AWARENESS AND AUDITORY DISCRIMINATION**

- \_\_\_\_\_ Difficulty decoding words
- \_\_\_\_\_ Does not easily apply phonics to reading
- \_\_\_\_\_ Does not easily apply phonics to spelling
- \_\_\_\_\_ Cannot approximate spellings of unfamiliar words
- \_\_\_\_\_ Does poorly with unpracticed spelling
- \_\_\_\_\_ Confuses similar words
- \_\_\_\_\_ Switches sounds in words
- \_\_\_\_\_ Adds extra sounds to words
- \_\_\_\_\_ Leaves sounds out of words
- \_\_\_\_\_ Difficulty with syllable number
- \_\_\_\_\_ Difficulty with vowel sounds within words
- \_\_\_\_\_ Reads more by visual memory than by phonics

**LANGUAGE INTEGRATION AND READING COMPREHENSION**

- \_\_\_\_\_ Poor sense of humor--doesn't "get" jokes
- \_\_\_\_\_ Understands slapstick humor, but not "dry" humor
- \_\_\_\_\_ Difficulty following oral or written directions
- \_\_\_\_\_ Difficulty drawing conclusions or making inferences
- \_\_\_\_\_ Difficulty finding main idea
- \_\_\_\_\_ Can't find answers that are not explicitly stated
- \_\_\_\_\_ Difficulty following movie plots or story plots
- \_\_\_\_\_ Difficulty remembering details
- \_\_\_\_\_ Poor medium- and long-term memory
- \_\_\_\_\_ Problems applying what is read to real life
- \_\_\_\_\_ Difficulty sequencing events
- \_\_\_\_\_ Does not get the whole idea of what is read
- \_\_\_\_\_ Does not easily see relationships between ideas
- \_\_\_\_\_ Difficulty with word problems in math
- \_\_\_\_\_ Difficulty with cause and effect
- \_\_\_\_\_ Poor expressive language skills
- \_\_\_\_\_ Poor logical thinking and problem solving skills

**MISCELLANEOUS**

- \_\_\_\_\_ History of seizures
- \_\_\_\_\_ "Loses contact" with surroundings for short periods of time
- \_\_\_\_\_ Poor physical coordination

**RECEPTIVE LANGUAGE AND AUDITORY PROCESSING**

- \_\_\_\_\_ Difficulty following spoken directions
- \_\_\_\_\_ Confusion in spoken conversation
- \_\_\_\_\_ Delay in answering spoken questions
- \_\_\_\_\_ Inappropriate, "off-the-wall" answers to questions
- \_\_\_\_\_ Comments that do not fit in with the conversation
- \_\_\_\_\_ Poor auditory memory--remembering what was said
- \_\_\_\_\_ Poor vocabulary
- \_\_\_\_\_ Difficulty understanding new ideas
- \_\_\_\_\_ Difficulty paying attention to conversation
- \_\_\_\_\_ Frequent requests to repeat conversation
- \_\_\_\_\_ Difficulty understanding what people are saying
- \_\_\_\_\_ "Mushy" speech
- \_\_\_\_\_ History of ear infections, fluid-filled ears, or sinus problems

**ATTENTION AND ORGANIZATION**

- \_\_\_\_\_ Impulsive, acts without thinking
- \_\_\_\_\_ Difficulty finishing tasks
- \_\_\_\_\_ Perseverates—"Locks onto" a pattern of responses, and continues even when no longer appropriate
- \_\_\_\_\_ Attention wanders
- \_\_\_\_\_ Easily distracted by sounds
- \_\_\_\_\_ Easily distracted by things seen
- \_\_\_\_\_ Always "on the go"
- \_\_\_\_\_ Poor concentration
- \_\_\_\_\_ Poorly organized physically
- \_\_\_\_\_ Poorly organized mentally
- \_\_\_\_\_ Easily upset or loses temper easily
- \_\_\_\_\_ Shifts from one activity to another
- \_\_\_\_\_ Difficulty holding body still
- \_\_\_\_\_ Easily upset by change
- \_\_\_\_\_ Easily frustrated
- \_\_\_\_\_ Interrupts conversations inappropriately
- \_\_\_\_\_ "Spacy"

### **PSYCHO-EMOTIONAL DIFFICULTIES**

- \_\_\_\_\_ Agitation
- \_\_\_\_\_ Anxiety (excessive worry/performance anxiety)
- \_\_\_\_\_ Obsessive thoughts/ruminating
- \_\_\_\_\_ Compulsive behaviors
- \_\_\_\_\_ Bruxism (jaw clenching/teeth grinding)
- \_\_\_\_\_ Emotional volatility
- \_\_\_\_\_ Excessive tantruming with remorse later
- \_\_\_\_\_ Sadness
- \_\_\_\_\_ Irritability
- \_\_\_\_\_ Consistently poor attitude upon awakening in the morning
- \_\_\_\_\_ Fearfulness
- \_\_\_\_\_ Sleep disturbance (difficulty falling/staying asleep)
- \_\_\_\_\_ Perfectionism
- \_\_\_\_\_ Non-clinical depression
- \_\_\_\_\_ Bedwetting/soiling
- \_\_\_\_\_ Attention/concentration issues
- \_\_\_\_\_ Impulsivity excessive for age

### **ALLERGIES**

(Listed because of ramifications for behavior, attention, and academic performance)

- \_\_\_\_\_ Headaches
- \_\_\_\_\_ Persistent runny nose
- \_\_\_\_\_ Chronic congestion
- \_\_\_\_\_ Itching nose, ear canal, or roof of mouth
- \_\_\_\_\_ Chronic stomachache or nausea
- \_\_\_\_\_ Chronic diarrhea
- \_\_\_\_\_ Asthma
- \_\_\_\_\_ Matter-filled eyes or encrusted eyelids
- \_\_\_\_\_ Swollen eyes or eyelids
- \_\_\_\_\_ Dark circles around eyes
- \_\_\_\_\_ Dark bags under eyes
- \_\_\_\_\_ Creased lower eyelids
- \_\_\_\_\_ Sleepiness after meals
- \_\_\_\_\_ Unpredictable moods or behavior
- \_\_\_\_\_ Sporadic attention problems
- \_\_\_\_\_ Seasonal congestion
- \_\_\_\_\_ Chronic ear infections
- \_\_\_\_\_ Early-morning congestion
- \_\_\_\_\_ Mouth breathing

## WORKING MEMORY

- \_\_\_\_\_ Trouble with multi-step tasks or directions
- \_\_\_\_\_ Forgets instructions easily
- \_\_\_\_\_ Skips or repeats steps in a task
- \_\_\_\_\_ Forgets what he/she is doing in the middle of a task
- \_\_\_\_\_ Easily distracted
- \_\_\_\_\_ Trouble finishing chores, tasks, homework
- \_\_\_\_\_ Trouble staying on the same topic when talking
- \_\_\_\_\_ Trouble remembering phone numbers
- \_\_\_\_\_ Trouble doing more than one thing at a time
- \_\_\_\_\_ Trouble with reading comprehension
- \_\_\_\_\_ Trouble with mental arithmetic
- \_\_\_\_\_ Difficulty with multiple-process math problems
- \_\_\_\_\_ Difficulty completing tasks independently
- \_\_\_\_\_ Trouble meeting deadlines
- \_\_\_\_\_ Difficulty prioritizing
- \_\_\_\_\_ Forgets books, homework, or completed work
- \_\_\_\_\_ Problems starting activities and carrying them to completion
- \_\_\_\_\_ Easily forgets geographic or driving directions

## SENSORY PROCESSING

- \_\_\_\_\_ Does not notice pain or is slow to respond when hurt
- \_\_\_\_\_ Clumsy or awkward; bumps into things; has poor balance
- \_\_\_\_\_ Floppy body; weak; slumps or slouches when sitting or standing
- \_\_\_\_\_ "Bull in a china shop"
- \_\_\_\_\_ Overly sensitive to stimuli—light, touch, noise, smells, etc.
- \_\_\_\_\_ Difficulty recognizing or respecting "personal space"
- \_\_\_\_\_ Unexpected or sudden mood changes or temper tantrums
- \_\_\_\_\_ Uses inappropriate force when handling objects, i.e. writing tools
- \_\_\_\_\_ Develops bruises that he/she cannot recall
- \_\_\_\_\_ Easily overwhelmed by "busy" or unfamiliar surroundings
- \_\_\_\_\_ Difficulty learning new motor tasks

Other symptoms and difficulties.

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