



Adult Dyslexia Screening Checklist

For each statement below, tick the box that you think best reflects your experiences.

NAME:				
	Very easy	Easy	Sometimes challenging	Difficult
How easy do you find it to organise your time?				
How easy do you find it to plan how long a piece of work is going to take?				
How easy do you find it to ensure that you meet deadlines?				
How do you find taking notes in meetings?				
How do you find listening and writing at the same time? For example, taking down information from telephone conversations?				
How do you find retaining verbal information, for example a list of instructions?				
How easy do you find it to learn and retain new words? E.g. new work-related vocabulary.				
How easy do you find practical activities?				

	Very easy	Easy	Sometimes challenging	Difficult
How easy do you find it to come up with a solution to a problem?				
How easy is it for you to find the right word to say when you are talking?				
How easy do you find it to deliver a presentation, or speak in public?				
Do you find it easy to retain what you have read?				
How do you find using reading strategies such as skimming and scanning text?				
How do you find reading lengthy passages of text?				
How do you find organising and structuring written work such as reports?				
How easy do you find it to spot errors when you are checking your written work?				
How easy do you find it to complete a form?				
How easy do you find it to write by hand?				
How easy do you find it to maintain concentration and attention?				