

OBSERVATION FORM

Name: _____ Age: _____ Grade: _____

Address: _____ Phone: _____

Completed by: _____ Date: _____

Are you light sensitive?

Bothered by sunlight YES / NO
Bothered by glare YES / NO
Bothered by bright or fluorescent lights YES / NO
Tired or drowsy under bright or fluorescent lights YES / NO
Become anxious under bright or fluorescent lights YES / NO
Get a headache from bright or fluorescent lights YES / NO
Feel antsy or fidgety under bright or fluorescent lights YES / NO
Harder to listen under bright or fluorescent lights YES / NO
Performance deteriorates under bright or fluorescent lights	... YES / NO
Feel like there is not enough light when reading YES / NO
Feel like there is too much light when reading YES / NO
Read in dim light YES / NO
Use fingers or other marker to block out part of the page YES / NO
Shade the page with your hand or body YES / NO

Types of reading difficulties:

Skip words or lines YES / NO
Repeat or rereads lines YES / NO
Read for less than one hour YES / NO
Lose place YES / NO
Read in a "stop and go" rhythm YES / NO
Omit small words YES / NO
Poor reading comprehension YES / NO
Read progressively worse as reading continues YES / NO
Avoid reading YES / NO
Avoid reading for pleasure YES / NO

While reading or using a computer, do you:

Rub eyes YES / NO
Move closer to or further away YES / NO
Squint YES / NO
Open eyes wide YES / NO
Incorporate breaks YES / NO
Move around to reduce glare YES / NO
Close or cover one eye YES / NO
Move head YES / NO
Read word by word YES / NO
Unable to skim or speed read YES / NO

Do you feel strain, fatigue, get tired, or have headaches when:

Reading YES / NO
Listening YES / NO
Doing paper and pencil tasks YES / NO
Working on the computer YES / NO
Watching TV or movies YES / NO
Copying material YES / NO
Doing math assignments YES / NO
Playing video games YES / NO
Writing long assignments YES / NO
Doing visually intensive activities like needlepoint, sewing, cross stitching, reading tape measures etc. YES / NO
Working under bright or fluorescent lights YES / NO

Handwriting:

Write up or down hill YES / NO
Unequal or no spacing between letters or words YES / NO
Unequal letter size YES / NO
Unable to write on the line YES / NO
Difficulty with multiple choice answer sheets YES / NO
Leave out words, letters, or punctuation marks YES / NO

Attention/Concentration:

Problems concentrating with reading or writing YES / NO
Easily distracted when reading or writing YES / NO
Easily distracted when listening YES / NO
Daydreams in class YES / NO
Problems staying on task YES / NO
Problems starting tasks YES / NO

Copying:

Lose place (book, chalkboard, whiteboard, overhead) YES / NO
Leave out words (book, chalkboard, whiteboard, overhead)	... YES / NO
Slow (book, chalkboard, whiteboard, overhead) YES / NO
Incomplete (book, chalkboard, whiteboard, overhead) YES / NO
Careless errors (book, chalkboard, whiteboard, overhead)	... YES / NO
Blink or squint (book chalkboard, whiteboard, overhead)	... YES / NO
Difficulty refocusing YES / NO
Difficulty copying things onto computer or typewriter YES / NO

Writing:

Disorganized YES / NO
Problems with punctuation YES / NO
Problems proofreading YES / NO
Leave out letters or words YES / NO
Write without rereading YES / NO

Mathematics:

Misalign digits in number columns YES / NO
Difficulty seeing numbers in the correct column YES / NO
Sloppy or careless errors YES / NO
Use finger, graph paper, or other marker when working with columns of numbers YES / NO
Difficulty seeing signs, symbols, numbers, decimal points	... YES / NO
Reversals of numbers YES / NO

Music:

Problems sight reading the notes YES / NO
Prefer to memorize rather than read music YES / NO
Prefer to play by ear YES / NO
Use finger to track notes YES / NO
Lose your place YES / NO
Trouble reading the notes YES / NO
Difficulty interpreting the music notations YES / NO
Little progress in spite of regular practice YES / NO

Depth Perception:

Difficulty getting on and off escalators YES / NO
Clumsy YES / NO
Bump into table edges or door jams YES / NO
Difficulty walking up and or down stairs YES / NO
Difficulty judging distances YES / NO
Drop or knock things over YES / NO
As a child, accident prone or have bruises on your shins YES / NO
When walking next to someone, do you drift into the person...	YES / NO
When walking, do you feel dizzy or light headed YES / NO
Difficulty getting on or off moving objects YES / NO

Sports Performance:

- As a child, problem catching a small fly ball YES / NO
- Trouble following the ball when watching sports on TV such as tennis, football or basketball YES / NO
- When watching sports on TV, can you follow the ball but not see anything else YES / NO
- Difficulty playing pool YES / NO
- Difficulty knowing when to hit the ball when playing tennis ... YES / NO
- Trouble learning how to ride a bike YES / NO
- Trouble jumping rope? Jump in at the wrong time or jump into the rope YES / NO
- Trouble playing games such as volley ball or four square YES / NO
- On playground equipment such as rings or bars, was it hard to go from one to the other YES / NO

Driving:

- Difficulty parallel parking YES / NO
- Do you feel like you will hit the car in front when parking YES / NO
- When parking, do you hit the curb or leave too much space ... YES / NO
- Difficulty judging when to turn in front of oncoming traffic ... YES / NO
- Uncertain about making lane changes YES / NO
- Extra cautious when making lane changes YES / NO
- Are the passengers tense when you make lane changes YES / NO
- Do passengers tell you that you tailgate YES / NO
- Are you overly cautious, leaving extra room between you and the car ahead YES / NO

Fatigue while In A Car:

- Become drowsy when you are a passenger YES / NO
- Become drowsy when driving YES / NO
- Bothered by chrome on cars YES / NO
- Bothered by glare off the windshield of the car in front of you YES / NO
- Bothered by headlights and street lights YES / NO
- Avoid driving at night YES / NO
- Have night blindness YES / NO

If you answered yes to three or more of these questions in any one of the sections, then you might be experiencing the effects of a perception problem called Scotopic Sensitivity/Irlen Syndrome.

Other / Comments:
