

# Eye-Q Reading Inventory™



## *Directions*

The Eye-Q Reading Inventory is helping you look at the visual skills you need for faster, more efficient reading. These skills are not related to your intelligence nor are there right or wrong answers; it's all about how you "feel" when you read.

You need certain foundational skills to be strong in order to be an effective reader and sometimes the letters or words on the page may look different to different people. Most people think that what they see on the printed page is the same for everyone and it is not.

If you have ever read and re-read something when reading, or your eyes got tired, you may have felt like it slowed you down. So all the Eye-Q Reading Inventory is for is to have you read, and then answer questions on how it *feels* to you when you read. This will provide the information to later strengthen any areas that need it. Just like exercising a muscle in your body, you can make your visual skills stronger. Pro athletes do this all the time with something call vision therapy.

**DIRECTIONS: Get something to read that is age appropriate and you have not been read before. Make sure there are very few pictures in this book. Use your phone or a digital recorder to record yourself reading aloud for about 6- 10 minutes. Make a copy of the Inventory to make notes on later. Do not correct yourself as you read aloud. Simply read into the voice recorder for about 6-10 minutes. Read until you feel tired or notice if you feel a lot of visual fatigue.**

If you wear glasses for reading, put them on. Also, jot down the last time you had an eye exam that measured your acuity on letters close up.

Do not shorten the reading time - it is important to allow the full time to see what happens during this timeframe. This time will allow for a more accurate "performance-based observation." When a person experiences certain visual problems or visual stress, they often start out reading with no discomfort or errors but become fatigued quickly.

After you read aloud, use the inventory to check off any boxes that need checking as you compare your digital recording with the questions.

## Tracking Skills-Eye Movement Skills

Pre Post

(Use A+ Manual Exercises numbered in the 1000 series of pages, and Eyes On Track book)

- |        |  |                          |                          |
|--------|--|--------------------------|--------------------------|
| ** 1.  | Do you notice that you accidentally skip some lines or sentences when reading?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 2.  | Do you sometimes lose your place when reading or need to use a marker or your finger to keep your place? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3.     | Do you skip words or omit words or letters?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4.     | While reading on one line do you insert words or letters from the line above or below?                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5.     | Do you find you repeat or re-read words?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6.     | Is your reading slow, feel choppy and uneven?  | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 7.  | Do you find that the longer you read, the reading gets harder for you?                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 8.  | If you were given a blank sheet of paper to write on, do you write uphill or downhill?                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 9.     | Do you feel you leave out small words like "and, the, and a" when reading?                               | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 10. | When playing sports, is it difficult to catch, hit or throw the ball?                                    | <input type="checkbox"/> | <input type="checkbox"/> |

Binocularity or Eye Teaming Skills (Use A+ Manual 2000 page exercises, A+ 4400 exercise pages)

- |        |  |                          |                          |
|--------|--|--------------------------|--------------------------|
| ** 11. | Do you put your elbow on the table and cover one eye when you read?                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 12.    | If the you write numbers in a column, do you see them line up under each other properly? | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 13. | Do you see two of the letters or words on a page or do the words double?                 | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 14. | Do you tilt your head to one side when you read?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 15.    | Do you feel you reverse the order of the letters within words?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 16. | Do you squint or close one of your eyes when you read?                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 17.    | Do you feel you leave out letters, phrases or numbers when reading?                      | <input type="checkbox"/> | <input type="checkbox"/> |

Eye Hand Coordination Skills (Use A+ Manual -3000, 5000 exercise pages)

- |         |  |                          |                          |
|---------|--|--------------------------|--------------------------|
| ** 18.. | Do you ever feel like you are clumsy, bump into things or knock things over? | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 19.  | When you write, do you stay on the printed lines or are they hard to see?    | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 20.  | Do you need to use your hands or fingers to make spacing when you write?     | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 21.  | Do you have trouble telling your left from your right?                       | <input type="checkbox"/> | <input type="checkbox"/> |

# Eye-Q Reading Inventory™

## Visual Form Perception Skills; Figure Ground

(Use A+ Manual -7000 exercise pages)

Pre Post

- |        |  |                          |                          |
|--------|--|--------------------------|--------------------------|
| 22.    | Do you ever feel you read the beginning of words and make up your own ending?      | <input type="checkbox"/> | <input type="checkbox"/> |
| 23.    | Do you feel you often read the word "a" as the word "the"?                         | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 24. | Do you have trouble remembering what you just read?                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 25.    | Do you ever read the ending bits of words and make up your own beginning?          | <input type="checkbox"/> | <input type="checkbox"/> |
| 26.    | Do you feel you read the middle of words and make up your own beginning or ending? | <input type="checkbox"/> | <input type="checkbox"/> |
| 27.    | Do you feel you reverse letters like b,d, p, q, or numbers like 6 and 9, 2 and 5?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 28.    | Do you ever confuse similar words such as that and what, plus and pulse?           | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 29. | When you are trying to find hidden figures in drawings is it difficult for you?    | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 30. | Do you ever feel like you bump into things a lot?                                  | <input type="checkbox"/> | <input type="checkbox"/> |

## Visual Form Perception Skills; Laterality, Directionality

(Use A+ Manual -5000-6000 exercise pages)

- |        |   |                          |                          |
|--------|---|--------------------------|--------------------------|
| 31.    | Do you feel you reverse words like was and saw?   | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 32. | Do you know a word on one page and then not recognize it on another?  | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 33. | Do you move your lips or whisper the words to yourself when you read silently so you can hear the words in your mind?                         | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 34. | When you write or copy do you reverse letters or words?   | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 35. | When you want to know the difference between some letters like b's and d's do you ever draw them or try to figure them out with your fingers? | <input type="checkbox"/> | <input type="checkbox"/> |

## Refractive Status - ( Use A+ Manual -4000 exercise pages)

Possible farsightedness, nearsightedness, focusing problems, astigmatism, etc.

- |        |   |                          |                          |
|--------|---|--------------------------|--------------------------|
| ** 36. | Do you avoid reading or reading aloud?                            | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 37. | Does reading feel uncomfortable for you?                          | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 38. | Are you restless or easily distracted when you read?              | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 39. | Do your eyes bother you right now?                                | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 40. | Do your eyes get red and watery?                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 41. | Do your eyes hurt, ache, or burn?                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 42. | Do your eyes feel dry, sandy, scratchy, or itchy?                 | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 43. | Do you rub your eyes a lot?                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 44. | Do you feel tired and drowsy when you read?                       | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 45. | Do you get headaches when you read?                               | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 46. | Do you get nauseous or sick to your stomach when you read?        | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 47. | Do you open your eyes wide when you read?                         | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 48. | Do you squint or frown when you read?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 49. | Do you blink a lot to try and make the print clear up?            | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 50. | Do you move closer to the page or back away when you read?        | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 51. | Is it an effort to keep looking at the words when you read?       | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 52. | Does the print get blurry when you read?                          | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 53. | Is it ever hard to see the board from where you sit?              | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 54. | Do you look away to take frequent breaks?                         | <input type="checkbox"/> | <input type="checkbox"/> |
| ** 55. | Do your eyes ever cross or does one eye wander or turn in or out? | <input type="checkbox"/> | <input type="checkbox"/> |

# Eye-Q Skills Reading Inventory™

## Contrast Sensitivity; Light and Dark

Pre Post

Use the colored plastic overlays provided in the activity kit. Place the overlay directly over the material the student reads. Allow the student to choose the color if that color makes reading easier for them. Overlays are temporary solutions; vision therapy can correct causes.

- |    |   |                          |                          |
|----|---|--------------------------|--------------------------|
| ** | 56. Do white or glossy, shiny pages make reading more difficult for you?                                | <input type="checkbox"/> | <input type="checkbox"/> |
| ** | 57. Do the words you read seem to get blurry, move around, or change shapes?                            | <input type="checkbox"/> | <input type="checkbox"/> |
| ** | 58. Do the dots at the tops of the i's or the cross mark of the t's seem to disappear at times?         | <input type="checkbox"/> | <input type="checkbox"/> |
| ** | 59. Do fluorescent lights bother you?   | <input type="checkbox"/> | <input type="checkbox"/> |
| ** | 60. Is it harder to read in bright light?   | <input type="checkbox"/> | <input type="checkbox"/> |
| ** | 61. Do you leave out the punctuation at the end of sentences or does it seem like it is not even there? | <input type="checkbox"/> | <input type="checkbox"/> |
| ** | 62. When you read, does the print seem to blur or be fuzzy or unclear?                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| ** | 63. When you copy from the board to your paper do you notice that you make lots of mistakes?            | <input type="checkbox"/> | <input type="checkbox"/> |
| ** | 64. When you copy from another book to your paper, do you seem to make lots of errors?                  | <input type="checkbox"/> | <input type="checkbox"/> |
| ** | 65. Is it easier to read in dimmer light?   | <input type="checkbox"/> | <input type="checkbox"/> |

## Skill retrieval strategies for improving reading comprehension

- \*\* 66. When you read, do you make pictures in your mind of what you have read and then view those pictures again when recalling the material?

This strategy indicates that you are making visual images in your mind about what you read and then retrieving those images during recall. This is the most efficient method of reading and retrieval. People who recall material easily report that they use visual input, storage and output methods.

- \*\* 67. When you read, do you say the words to yourself and try to hear the words again when you recall the material?

This strategy indicates that you are using an auditory strategy for input and recall of the material. While this strategy may work, it is often too slow to keep up with large volumes of reading and recall because you are sub-vocalizing. Visual images work much more rapidly than the spoken word.

- \*\* 68. When you read, do you mostly have certain feelings about the material and then access those feelings again when trying to recall the material?

This strategy indicates that you are mostly a kinesthetic strategy when reading and trying to recall your feelings about what you read. Unfortunately, this process lacks reliability because you recall how you felt about the material and not much actual detail from what you read. This strategy often lowers comprehension.

To give you more information: Here are examples of just some of the many essential skills you need to make reading easier and faster, with little or no visual stress.

Vision Skills Needed In Typical Learning Situations																
Learning Tasks	Visual Activity	Tracking	Eye-Teaming - Sustaining Alignment at Near	Eye-Teaming - Sustaining Alignment at Far	Focusing - Simultaneous Focusing at Near	Focusing - Simultaneous Focusing at Far	Focusing - Sustaining Focusing at Near	Focusing - Sustaining Focusing at Far	Eye-Hand Coordination & Visual-Motor Integration	Peripheral Vision	Directionality	Form Perception	Visual Memory	Visualization	Figure Ground	Visual Closure
Reading	x	x	x		x		x		x	x	x	x	x	x	x	x
Copying (chalkboard to desk)	x	x		x		x		x	x	x	x	x	x	x	x	x
Copying (at desk)	x	x	x		x		x		x	x	x	x	x	x	x	x
Writing	x	x	x		x		x		x	x	x	x	x	x	x	x
Discussion	x	x	x	x	x	x	x	x		x				x	x	
Demonstration	x	x	x	x	x	x	x	x		x	x	x	x	x	x	
Movies, TV	x	x		x		x		x		x	x	x	x	x	x	
Physical Education Dancing	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
Art, Crafts	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Play	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Computers	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	X
Taking Notes	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x

After taking the Eye-Q Reading Inventory, you'll learn a lot more about the solutions, in case you checked off boxes, during the Total Recall Learning™ online course. If you'd like your progress to be faster, and consider private coaching, you may also contact Pat Wyman, University Instructor, author, CEO of HowtoLearn.com who is also known as America's Most Trusted Learning Expert. Her email her [fasterlearning@gmail.com](mailto:fasterlearning@gmail.com)

This Eye-Q Reading inventory is the best diagnostic tool you can do at home to tell you whether you are having hidden reading challenges that have never been diagnosed previously that may affect your reading.