

Eye-Q Reading Inventory™



What is the Eye-Q Reading Inventory?

The Eye-Q Reading Inventory™ helps you look at how effective the visual and perceptual skills are that you need to read and learn everything faster and easier.

Any skills you mark can be causing you undue visual stress and these skills can be easily trained. They are not related to intelligence. There are no right or wrong answers on the Eye-Q Reading Inventory. **It's all about how you “feel” when you read and how you perceive the printed page.**

As a reading specialist, I can tell you that people often see printed pages in different ways and it affects how fast they read, how easily they recall what they read, and whether they feel reading is difficult or easy.

People who say they don't like to read or do everything possible to avoid reading, often have undetected visual and perceptual skills that need to be strengthened – and that's the good news – these skills can improve with practice in only a few minutes a day.

You need a very specific group of foundational skills to be strong and efficient so that you can be an effective reader. But sometimes the letters or words on the page may look differently to you than they do to someone else.

Most people think that what they see on the printed page looks the same to them as it does for everyone else and often, it is not.

If ever read a page in a book, then re-read it, lost your place, or your eyes get tired as you read, these are skills you can easily train. The Eye-Q Reading Inventory is designed by three eye doctors and a reading specialist and helps you determine the specific items that may be slowing you down as well as helping you discover how it actually “*feels*” to you when you read so you can do what it takes to power-up your reading.



The Eye-Q Reading Inventory will give you information so you can strengthen any skills that need it.

Just like exercising a muscle in your body, you can make your visual skills stronger as you engage both your eyes and your brain. Pro athletes do this all the time with something called ‘vision therapy’.

DIRECTIONS

- 1. Print out the Eye-Q Reading Inventory and after you read aloud, per the directions below, circle any item you feel is true for you.**
2. Get a book to read that is age appropriate and choose a section that you have not read before. Make sure there are no pictures in the text you choose to read.
3. Use your phone or a digital recorder to record yourself reading aloud for about 5-7 minutes.
4. Do not correct yourself as you read aloud. Just read as you normally would. Simply read into the voice recorder for about 5-7 minutes.
5. If you wear glasses for reading, put them on.
6. Also, jot down the last time you had an eye exam that measured your near point visual acuity.

Do not shorten the reading time - it is important to read aloud for 5-7 minutes to see what happens during this time frame. (If you are giving this to a younger person, you can shorten the reading time to about 4 minutes).

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 tired very quickly.

No answer is right or wrong – it is all based on what you observe and how you feel as you read, plus what your digital recording tells you.

You can go back and listen to your recording to help as you answer the questions.



Tracking and Eye Movement Skills (exercises in the numbered 1000 series of pages in the A+ Vision Manual) will help strengthen reading skills in this section if you find you circled any of the numbers, as well as those in the Eyes on Track book).

Listen to your recording and circle any items you notice are true for you.

1. Do you notice that you accidentally skip some lines or sentences when reading?
2. Do you sometimes lose your place when reading?
3. Do you ever skip words or omit words or letters?
4. While reading on one line do you ever insert words or letters from the line above or below?
5. Do you find you repeat or re-read words as you read?
6. Is your reading slow and feel choppy and uneven?
7. Do you find that the longer you read, the reading gets harder for you?
8. If you were given a blank sheet of paper to write on, do you write uphill or downhill on it?
9. Do you notice you leave out small words like "and, the, a, at" and others when you are reading?



10. When playing sports, is it difficult to catch, hit or throw the ball?

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?

12. If you write numbers in a column, do you see them line up under each other well or are they misaligned or on a diagonal?

13. Do you ever see “two” of the letters or words on a page or do the words sometimes double?

14. Do you tilt your head to one side when you read?

15. Do you notice you reverse the order of the letters within words? (that becomes htat, or the becomes hte or does this ever happen for other words?)

16. Do you squint or close one of your eyes when you read?

17. Do you feel you leave out letters, phrases or numbers when reading?

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 accidentally, but more often than usual?



19. When you write on lined paper, do you stay on the lines?
20. Do you need to use your hands or fingers to make spacing when you write?
21. Do you have trouble telling your left from your right?

Visual Form Perception Skills; Figure Ground

(Use A+ Manual -7000 exercise pages)

22. Do you ever feel like you read the beginning of words and make up the endings of the words?
23. Do you feel you often read the word "a" as the word "the"?
24. Do you have trouble remembering what you just read?
25. Do you ever read the ending bits of words and make up your own beginning to them?
26. Do you feel you read the middle of words and make up your own beginning or ending?
27. Do you feel you reverse letters like b, d, p, q, or numbers like 6 and 9, and 5?
28. As you read, do you ever confuse similar words such as that and what, plus and pulse?



29. When you try finding hidden figures in drawings, is it difficult?
(like finding hidden figures in Where's Waldo?)

30. Do you ever feel like you bump into things a lot?

Visual Form Perception Skills; Laterality, Directionality
(Use A+ Manual -5000-6000 exercise pages)

31. Do you feel you reverse words like was and saw?

32. Do you know a word on one page and then not recognize it on another?

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?

34. When you write or copy do you reverse letters or words?

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 by holding your fingers a certain way?

Refractive Status - (Use A+ Manual - 4000 exercise pages and be sure to schedule your eye appointment as in the recommendations section below)

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

36. Do you avoid reading or reading aloud?



37. Does reading feel uncomfortable for you?
38. Are you restless or easily distracted when you read?
39. Do your eyes bother you right now?
40. Do your eyes get red and watery as you read?
41. Do your eyes hurt, ache, or burn?
42. Do your eyes feel dry, sandy, scratchy, or itchy as you read?
43. Do you rub your eyes a lot?
44. Do you feel tired and drowsy when you read?
45. Do you get headaches when you read?
46. Do you get nauseous or sick to your stomach when you read?
47. Do you open your eyes wide when you read?
48. Do you squint or frown when you read?
49. Do you blink a lot to try and make the print clear up?
50. Do you move your eyes closer to the page or back further away from the print when you read?
51. Is it an effort to keep looking at the words when you read?



- 52. Does the print get blurry when you read?
- 53. Is it ever hard to see a white board from where you sit?
- 54. Do you look away from print to take frequent eye breaks?
- 55. Do your eyes ever cross or does one eye wander or turn in or out?

Contrast Sensitivity; Light and Dark

- 56. Do white or glossy, shiny pages make reading more difficult for you?
- 57. Do the words you read seem to get blurry, move around, or change shapes?
- 58. Do the dots at the tops of the i's or the cross mark of the t's seem to disappear at times?
- 59. Do fluorescent lights bother you?
- 60. Is it harder to read in bright or low light?
- 61. Do you sometimes leave out the punctuation at the end of sentences or does it seem like it is not even there?
- 62. When you read, does the print seem to blur or be fuzzy or unclear?
- 63. When you copy from a white board to paper do you notice that you make lots of mistakes?



64. When you copy from another book to your paper, do you seem to make lots of errors?

65. Is it easier to read in dimmer light?

66. When you read, do the letters ever seem to jump up and down or move in any way?

Skill retrieval strategies for improving reading comprehension.

67. When you read, do you make pictures or movies in your mind of what you read?

68. When you read, do you hear the words aloud in your mind as you read?

69. When you recall what you read, do you say the words to yourself and try to hear the words again when you recall the material?

70. When you read, do you mostly have feelings about the material and then try to access those feelings again when trying to recall the material?

Completed the Eye-Q Reading Inventory?

**SEE THE EYE SKILLS CHART AND YOUR PERSONALIZED
RECOMMENDATIONS BELOW**

Here are examples of *just some* of the many essential skills so you eliminate visual stress and can read faster and easier.



Each skill can be trained, and they all need to be strong and efficient, so you reach your highest potential and gain an advantage in reading, learning, memory (and sports).

Visual Skills Needed In Typical Learning Situations																
Learning Tasks	Visual Acuity	Tracking	Eye-Teaming - Sustaining Alignment at Near	Eye-Teaming - Sustaining Alignment at Far	Focusing at Near	Focusing at Far	Focusing - Sustaining Focusing at Near	Focusing - Sustaining Focusing at Far	Eye-Hand Coordination & Visual-Motor	Peripheral Vision	Directionality	Form Perception	Visual Memory	Visualization	Figure Ground	Visual Closure
Reading (near and far)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Copying (from whiteboard)	✓	✓		✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Copying (book to paper)	✓	✓	✓		✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Writing	✓	✓	✓		✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Movies, TV	✓	✓		✓		✓		✓		✓		✓	✓	✓	✓	
Physical Education Dancing	✓	✓		✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	
Art, Crafts	✓	✓	✓		✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Computers, Smart Phones	✓	✓	✓		✓		✓		✓	✓	✓	✓	✓	✓	✓	✓

Find an Eye Doctor for Vision and Learning Skills or Sports Vision at COVD.org or OEPF.org

PERSONALIZED RECOMMENDATIONS AFTER YOU TAKE THE EYE-Q READING INVENTORY

After taking the Eye-Q Reading Inventory, if you checked off any boxes, here are your personalized recommendations.



The Eye-Q Reading inventory™ is the best diagnostic tool you can do at home to tell you whether you are having hidden or undetected reading challenges which have never been diagnosed previously and that may affect your reading and learning at work or in school.

3 PERSONALIZED RECOMMENDATIONS:

We suggest that after taking the Eye-Q Reading Inventory you do these 3 things:

1. Vision exercises to strengthen any items you circled on the Eye-Q Reading Inventory.

Your visual skills can be trained. Just like in sports or exercise, you can train your muscles and speed, there are specific exercises you can do to make sure your visual skills are in tip top shape for reading and learning.

Use the I Read I Succeed Home Vision Therapy Kit here

<https://HowtoLearn.samcart.com/products/home-vision-therapy-kit/>

and inside are exercises recommended by eye doctors that match the items you circled on the Eye-Q Reading Inventory.

You can do these exercises for 5-10 minutes per day to strengthen your visual and perceptual skills.

Improving these skills will help improve your reading efficiency, speed, and recall immediately and then follow this up with the other recommendations.

2. Go to COVD.org or OEPPF.org and find a developmental optometrist by entering your zip code or country/city.



If you circled any items on the Eye-Q Reading Inventory, we suggest you get what is called a learning-related comprehensive eye exam from a developmental or behavioral optometrist.

Developmental or behavioral optometrists from COVD.org have significant training beyond their Doctor of Optometry degree so they can include the type of exam that measures your refractive status, the health of your eyes AND includes a special exam related to reading, learning and sports abilities.

Most optometrists do not have this additional training and if you want to maximize your learning, reading or sports performance it's important that you see a developmental or behavioral optometrist who can do vision therapy if needed.

Many world class athletes and major league sports teams take a course of vision therapy and use the services of these COVD optometrists (as recommended by their team optometrists) so they can gain a competitive advantage and create stellar visual and perceptual skills.

Be sure and bring the results of your Eye-Q Reading Inventory with you to the developmental optometrist and share the results.

Just like physical therapy to improve your knee, leg or other parts of your body, vision therapy is for your eyes and brain to ensure they function at their highest level.

- 3. Total Recall Learning Online Course** - This course is a full 10 day course to help you learn anything new information in half the time. The strategies help improve your learning, reading and memory as well as give you access to motivation and focus on-demand strategies.

Over half a million people globally, including people from corporations such as Microsoft, Google, schools, universities and more have benefitted from the personalized learning styles quiz and information inside this personalized course.



Learn ‘How to Learn’

Most schools do a great job at telling you what to learn but don’t include a course on ‘how to learn’.

Knowing ‘how to learn’ gives you the strongest advantage throughout your lifetime so that you can learn and master any topic. It is the meta skill that is the key to unlocking all the other skills you need to succeed in learning.

Visit <https://HowtoLearn.Teachable.com> for more information on the **Total Recall Learning course**, along with other unique courses to enhance your learning and your life.

3. If you want to boost your career and learning to the highest possible level, email Pat Wyman at fasterlearning@gmail.com for more details on the Brain Advantage 2.0 Learning or Career Assessment and Personalized Coaching and to schedule a FREE 20 minute phone consultation.

We hope that this Eye-Q Reading Inventory has given you new information about the visual skills you need to maximize your reading. These are skills you may not have been aware of before and more importantly, now that you are aware, you have solutions to improve them as well as to power-up your learning!

If you have any additional questions, email fasterlearning@gmail.com and request a FREE 20 minute consultation with Pat Wyman.