

Self-Assessment Tool

Dyslexia affects 1 in 10 individuals, many of whom remain undiagnosed and receive little or no intervention services. For some individuals who have never been diagnosed, dyslexia is a hidden disability which may result in underemployment, difficulty navigating academic environments, difficulty on the job, and reduced self-confidence. Even those who have been diagnosed are likely to struggle with reading or writing in some aspects of their lives. Dyslexia is a specific reading disorder and does not reflect low intelligence. There are many bright and creative individuals with dyslexia who never learn to read, write, and/or spell at a level consistent with their intellectual ability.

Do you think you may have dyslexia? Please complete the brief 10 question self-assessment tool below.

Dyslexia Self-Assessment for Adults

1. Do you read slowly?
2. Did you have trouble learning how to read when you were in school?
3. Do you often have to read something two or three times before it makes sense?
4. Are you uncomfortable reading out loud?
5. Do you omit, transpose, or add letters when you are reading or writing?
6. Do you find you still have spelling mistakes in your writing even after *Spell Check*?
7. Do you find it difficult to pronounce uncommon multi-syllable words when you are reading?
8. Do you choose to read magazines or short articles rather than longer books and novels?
9. When you were in school, did you find it extremely difficult to learn a foreign language?
10. Do you avoid work projects or courses that require extensive reading?

If you checked seven or more of these questions, this may indicate dyslexia. Consider seeking consultation from a specialist or a formal diagnostic assessment from a qualified examiner.