

# Dyslexia / Specific Learning Difficulties Checklist



The checklist overleaf can be used to promote a better self-understanding of Specific Learning Difficulties (SpLD) such as dyslexia or dyspraxia and a pointer towards future assessment needs.

## Checklist

- I had difficulty learning to read
- I still have difficulty reading
- My handwriting is very untidy
- I had problems learning times tables at school
- Reverse parking is really awkward for me
- It is hard for me to remember or follow instructions
- It is confusing trying to listen and write at the same time
- I often write letters or words in the wrong order
- I can't remember the times of buses or trains
- I know what I want to say but I can't write my ideas down
- I often confuse left and right directions
- I avoid reading for pleasure
- It is hard to write down phone messages
- I make mistakes when I say long words
- I avoid reading aloud
- I find it hard to use a dictionary
- It took me ages to learn to tell the time
- It is difficult finding my way around new places
- I often forget what I have just read
- I find it hard to concentrate
- I often write numbers the wrong way around
- I have good and bad days with my memory
- I often bang into things or knock things over

If you can relate to 8 or more of the above statements, and they are persistent difficulties for you, there is a possibility that you may have a Specific Learning Difficulty (SpLD).

If you would like to explore this further please contact the SpLD Support Team as you may need an appointment for an Informal Assessment.

**Contact the SpLD Support /  
Learning Support Service Team  
for advice or guidance.**

In person: Catalyst Helpdesk

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