

Dyslexia / Specific Learning Difficulties Checklist

If you can relate to 8 or more of the following statements, and they are persistent difficulties for you, there is a possibility that you may have a specific learning difficulty (SpLD) such as dyslexia or dyspraxia.

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

In person: Catalyst Helpdesk

Email: spld@edgehill.ac.uk

Tel: 01695 657526

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