

Dyslexia checklist

Students who get diagnosed and receive support are more likely to achieve higher grades and are more successful on their course.

Complete the British Dyslexia Association's Adult Checklist below. Keep a tally of your score in the final column then read the following section for an explanation of your result and ideas of next steps.

No.	Question	Rarely	Occasionally	Often	Most of the time	Total
1	Do you confuse visually similar words such as cat and cot?	3	6	9	12	
2	Do you lose your place or miss out lines when reading?	2	4	6	8	
3	Do you confuse the names of objects, for example table for chair?	1	2	3	4	
4	Do you have trouble telling left from right?	1	2	3	4	
5	Is map reading or finding your way to a strange place confusing?	1	2	3	4	
6	Do you re-read paragraphs to understand them?	1	2	3	4	
7	Do you get confused when given several instructions at once?	1	2	3	4	
8	Do you make mistakes when taking down telephone messages?	1	2	3	4	
9	Do you find it difficult to find the right word to say?	1	2	3	4	
10	How often do you think of creative solutions to problems?	1	2	3	4	

No.	Question	Easy	Challenging	Difficult	Very difficult	Total
11	How easy do you find it to sound out words such as e-lephant?	3	6	9	12	
12	When writing, do you find it difficult to organise thoughts on paper?	2	4	6	8	
13	Did you learn your multiplication tables easily?	2	4	6	8	
14	How easy do you find it to recite the alphabet?	1	2	3	4	
15	How hard do you find it to read aloud?	1	2	3	4	

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This checklist is not a diagnostic assessment, but it can indicate whether a dyslexia assessment would be worthwhile.

What the results mean

Score **greater than 60** - signs consistent with moderate or severe dyslexia.

- Suggested next step: If you scored over 60, please email our Wellbeing Services Team at disability@bbk.ac.uk. They will send you a link to our QuickScreen online screening for dyslexia. On completing this, they will advise you on whether you should go for a full diagnostic assessment.

Score **45 to 60** - showing signs consistent with mild dyslexia.

- Suggested next step: No action required, unless there is a good reason why you think you might be dyslexic, e.g. a childhood diagnosis of dyslexia. If so, please email the Wellbeing Services Team at disability@bbk.ac.uk with an explanation of your reasons.

Score **less than 45** - probably non-dyslexic.

- Suggested next step: no action

How does a diagnostic assessment help you?

1. You receive a detailed report explaining your strengths and weaknesses.
2. If you are a UK student you can apply for support through the Disabled Students' Allowance, including computers with assistive technology software and specialist study skills support.
3. You can receive support from Birkbeck including permission to record lectures and additional time in examinations.

Contact us

Disability & Dyslexia Service – disability@bbk.ac.uk