SELF-TEST FOR IRLEN SYNDROME  (Updated 1-6-14)

Irlen Syndrome is a difficulty with visual-perceptual processing of the light spectrum. It involves inefficiency, inaccuracy, distraction, and discomfort during academic reading, calculations, writing/copying, judging depth & distance, and other visually-intensive activities. The following checklist is based on the Irlen Institute’s (www.irlen.com), adapted for use with CSU students.

Date: __________  Name: _______________________
CSUID: ___________  Date of Birth: _______________

International students: Answer based on reading in one’s native (or primary educational) language.

When reading for school or work, do you sometimes: Yes  No

Skip words or lines?  ____  ____
Reread lines?  ____  ____
Lose your place?  ____  ____
Need to take breaks often?  ____  ____
Find it harder to read the longer you read?  ____  ____
** Get a headache?  ____  ____
** Become tired or fatigued?  ____  ____
Blink or squint often?  ____  ____
Open your eyes wide or rub your eyes?  ____  ____
** See only a small portion (one word or less) in focus while the rest of the page is blurry?  ____  ____
Prefer to read in dim light?  ____  ____
Become easily distracted?  ____  ____
Read close to the page?  ____  ____
Use your finger or other markers to keep your place?  ____  ____
Get restless, active, or fidgety?  ____  ____
Move around to get page in focus or out of glare?  ____  ____
** Feel nauseous?  ____  ____
** See letters, words, or other things moving on the page?  ____  ____

If you checked “Yes” for any of the items marked “**” and/or checked “Yes” for 3 or more items overall, then Irlen Syndrome might be negatively affecting you. Arrange to be assessed by a certified Irlen Screener.

If you are enrolled at CSU (Fort Collins) & paid our fee, contact Counseling Services (123 Aylesworth NW, 970-491-6053) to request an Irlen Screening. There is no charge. Bring your completed self-test with you.