



brain optimization techniques & programs

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## Observable Clues to Classroom Vision Challenges

Adapted from: Optometric Extension Program

### **Appearance of Eyes**

- One eye turns in or out at any time
- Reddened eyes or lids
- Eyes tear excessively
- Encrusted eyelids
- Frequent ties on the lids

### **Complaints When Using Eyes at Desk**

- Headaches in forehead or temples
- Burning or itching after reading or desk work
- Nausea or dizziness
- Print blurs after reading a short time

### **Behavioral Signs of Visual Problems**

#### **Ocular Mobility –Eye Movement Abilities**

- Head turns when reading across page
- Loses place often during reading
- Needs finger or marker to keep place
- Displays short attention span when reading or copying
- Omits words frequently
- Repeatedly omits “small” words
- Writes up or down hill on paper
- Rereads or skips lines unknowingly
- Orients drawing poorly on page

#### **Binocularity – Eye Teaming Abilities**

- Complains of seeing double
- Repeats letters within words
- Omits letters, numbers or phrases
- Misalign digits in number columns
- Squints, closes or covers one eye
- Tilts head extremely while working at desk
- Consistently shows gross postural deviations at all desk activities

#### **Eye-Hand Coordination Abilities**

- Must feel of things to assist in any interpretation required
- Eyes not used to “steer” hand movements
- Extreme lack of orientation, placement of words or drawings on page
- Writes crookedly, poorly spaced, cannot stay on ruled lines
- Misaligns both horizontal and vertical series of numbers
- Uses hand or fingers to keep place on the page
- Uses other hand as “spacer” to control spacing and alignment on page
- Repeatedly confuses left-right directions

#### **Visual Comparison, Visual Imagery, Visualization**

- Mistakes words with same or similar beginnings
- Fails to recognize same word in next sentence
- Reverses letters and/or words in writing and copying
- Confuses likenesses and minor differences
- Confuses same word in same sentence
- Repeatedly confuses similar beginnings and endings of words

Fails to visualize what is read either silently or orally  
Whispers to self for reinforcement while reading silently  
Returns to “drawing with fingers” to decide likes and differences

**Nearsightedness, Farsightedness, Focus Challenges, Etc.**

Comprehension reduces as reading continued, loses interest too quickly  
Mispronounces similar words as continues reading  
Blinks excessively at desk tasks and/or reading; not elsewhere  
Holds book too closely; face too close to desk surface  
Avoids all possible near-centered tasks  
Complains of discomfort in tasks that demand visual interpretation  
Closes or coers one eye when reading or doing desk work  
Makes errors in copying from reference book to notebook  
Squints to see whiteboard or asks to be moved nearer  
Rubs eyes during or after short periods of visual activity  
Fatigues easily; blinks to make whiteboard clear up after desk task



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