

A Learning Disabilities Checklist

A checklist is a guide. It is a list of characteristics. An adult with learning disabilities may exhibit some of these characteristics, but not necessarily all of them. If an individual exhibits several or many of these characteristics to such a degree that they cause problems in work, school, or everyday life, he or she might benefit from an assessment by qualified professionals.

Identified characteristics of a learning disability include the following:

- Performs similar tasks differently from day to day
- Reads well but does not write well, or writes well but does not read well
- Is able to learn information presented in one way, but not in another
- Has a short attention span, is impulsive, and/or easily distracted
- Has difficulty telling or understanding jokes
- Misinterprets language, has poor comprehension of what is said
- Has difficulty with social skills, misinterprets social cues
- Finds it difficult to memorize information
- Has difficulty following a schedule, being on time, or meeting deadlines
- Gets lost easily, either driving and/or in large buildings
- Has trouble reading maps
- Often misreads or miscopies
- Confuses similar letters or numbers, reverses them, or confuses their order
- Has difficulty reading the newspaper, following small print, and/or following columns
- Is able to explain things orally, but not in writing
- Has difficulty writing ideas on paper
- Reverses or omits letters, words, or phrases when writing
- Has difficulty completing job applications correctly
- Has persistent problems with sentence structure, writing mechanics, and organizing written work
- Experiences continuous problems with spelling the same word differently in one document
- Has trouble dialing phone numbers and reading addresses
- Has difficulty with math, math language, and math concepts
- Reverses numbers in checkbooks and has difficulty in balancing a checkbook
- Confuses right and left, up and down
- Has difficulty following directions, especially multiple directions
- Is poorly coordinated
- Is unable to tell you what has just been said
- Hears sounds, words, or sentences imperfectly or incorrectly

Adapted by The American Council on Education and the National Adult Literacy and Learning Disabilities Center from lists of learning disabilities characteristics from the following organizations: Learning Disabilities Association of America, For Employers...A Look at Learning Disabilities, 1990; ERIC Clearinghouse on Disabilities and Gifted Education. Examples of Learning Disability Characteristics, 1991; The Orton Dyslexia Society's Annals of Dyslexia, Volume XLIII. 1993; and The Council for Learning Disabilities, Infosheet. October 1993.

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