

# VISUAL EFFICIENCY SCREENING CHECKLIST

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## What This Is

This quick-reference checklist is designed to help identify signs of **visual efficiency problems** that may be impacting a student's ability to learn, concentrate, or perform comfortably at school. It includes observable behaviors, symptoms, and screening prompts that go beyond visual acuity.

Use this tool as part of a **school vision screening program**, or during **routine exams** to guide referrals for functional vision evaluations or vision therapy.

## Visual Efficiency Red Flags

**Mark any that apply based on teacher report, observation, or screening:**

### Eye Teaming (Binocular Vision)

- ☐ Complains of double vision
- ☐ Rubs eyes or covers one eye when reading
- ☐ Squints, blinks excessively, or tilts head
- ☐ Difficulty aligning eyes on near tasks
- ☐ Avoids near work or appears inattentive during reading

### Eye Focusing (Accommodation)

- ☐ Blurry vision when switching between near and far
- ☐ Squints when copying from the board
- ☐ Frequent loss of place while reading
- ☐ Short attention span for near tasks
- ☐ Reports eyes "hurt" or "feel tired"

### Eye Movements (Oculomotor Control)

- ☐ Loses place, skips lines, or uses finger to keep place
- ☐ Slow or labored reading despite age-appropriate decoding
- ☐ Overshoots or undershoots when reaching for objects
- ☐ Difficulty copying from board to paper
- ☐ Clumsy or has poor hand-eye coordination

## When to Consider a Referral to a Behavioral Optometrist

- 3 or more boxes are checked, or
- Symptoms are persistent, especially if interfering with academic or attention performance
- Visual acuity is normal, but visual behaviors suggest deeper processing issues

These signs may indicate a **functional vision problem** not detected by standard acuity screenings. Consider referral to a **behavioral optometrist** for a full evaluation of eye teaming, focusing, tracking, and visual processing skills.