

# VISUAL SCAN



## PURPOSE

This exercise is training your side vision, eye tracking, and ocular discrimination. When we read, we often do not make specific eye movements to each letter, in each word. Rather, we often combine our past experience decoding the word, the apparent orientation of the sequenced letters, and then tap into our visual memory to make an educated guess as to the word. This exercise is asking you to actually point your eyes to every single letter and slow down your eye movements to emphasize accuracy.



## REPEAT

Complete all 3 of the paragraphs on the sheet. Time how long it takes you to complete each one.

1

Please print or pull up the attached paragraph card to a tablet, iPad, or computer. Sit at a table with both feet flat on the floor and your back straight.

2

Place your elbow on the table and place your chin against your closed fist, keep this working distance at all times. Take a look at the lower case alphabet line on the top of the chart. Make note of the first target, the “a”.

3

Start at the top left of the first paragraph below. Hold your pen tip just underneath the printed line and start to underline as you scan the letters in the paragraph from left to right.

4

Scan through the paragraph until you identify the “a” that you are looking for. Without lifting the pencil from the page, circle the letter “a”. Mark off the letter “a” from the alphabet line above. Pick up in the paragraph where you left off and next, find the letter “b”. Go sequentially through the alphabet, next to “c”, and so on.

5

If this task is performed correctly, all of the letters in the alphabet will be marked off in sequential order. If you are unable to find a letter and finish the task, that means you skipped correctly identifying a letter in the correct order. Go back and look through the paragraph, find and fix your mistake, and then continue to finish the paragraph.