Report of the Legislative Task Force on Dyslexia to the 2019 Kansas Legislature

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Legislative Members: Senators Bruce Givens and Ty Masterson

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Ex Officio Members: Mike Burgess, Laura Jurgensen, and Lori McMillan

Charge

Pursuant to 2018 Sub. for HB 2602, the Task Force is to advise and make recommendations to the Governor, the Legislature, and the State Board of Education regarding matters concerning the use of evidence-based practices for students with dyslexia. Specifically, the bill provides the Task Force’s recommendations and resource materials shall:

● Research and recommend evidence-based reading practices to address dyslexia or characteristics of dyslexia for use by schools;

● Research and recommend high-quality pre-service and in-service professional development activities to address reading difficulties like dyslexia, including identification of dyslexia and effective reading interventions to be used in schools and within degree programs, such as education, reading, special education, speech-language pathology, and psychology;
• Study and examine current state and federal laws and rules and regulations, and the implementation of such laws and rules and regulations that affect students with dyslexia; and

• Identify valid and reliable screening and evaluation assessments and protocols that can be used and the appropriate personnel to administer such assessments in order to identify children with reading difficulties, such as dyslexia or the characteristics of dyslexia as part of an ongoing reading progress monitoring system, multi-tiered system of supports, and Child Find special education eligibility for students.

January
2019
Legislative Task Force on Dyslexia

Report

Conclusions and Recommendations

The Task Force largely organized its recommendations around the structure of its subcommittees on Pre-service and In-service Professional Development, Screening and Evaluation Process, and Evidence-based Reading Practices. The Subcommittee on Current State and Federal Law recommended the Task Force target all recommendations to the appropriate audience and request necessary resources for the implementation of all Task Force recommendations.

Pre-service:

- The Kansas State Board of Education (KSBE) should modify the Educator Preparation Program Standards to include the International Dyslexia Association’s (IDA) Knowledge and Practice Standards for Teachers of Reading;

- KSBE should require candidates for K-6 teaching licenses, English Language Arts endorsements, reading specialist teaching licenses, and special education teaching licenses to pass an examination of their knowledge of the science of reading. KSBE should study and approve a test or multiple tests to satisfy this requirement; and

- The Legislature should provide funding to train college of education professors who teach reading to become cognizant in the science of reading. Training could include conference participation, educational experiences, webinars, and relevant education materials.

Professional Learning:

- KSBE should require school systems to provide evidence-based and consistent professional development opportunities consisting of training regarding the nature of dyslexia, an introduction in procedures to identify students who are struggling in reading, and an introduction to intervention strategies and procedures. The content of the professional development should include those areas listed in Appendix A;

- KSBE should encourage colleges of education in Kansas to develop a course of study with a specialization in dyslexia and dyslexia-like characteristics. This course should be geared toward a Science of Reading endorsement (English for Speakers of Other Languages
endorsement could be used as a model for the structure of this endorsement). This course of study should align with the IDA Knowledge and Practice Standards. This course of study should include practica experiences working with students with dyslexia or characteristics of dyslexia with appropriate supervision and leadership development skills such that the person who graduates with this endorsement can train other classroom teachers and reading specialists within their school district. The training for classroom teachers should be consistent with the IDA document, *Dyslexia in the Classroom: What Every Teacher Needs to Know* (Appendix B); and

- The Legislature should provide funding for school districts to train appropriate staff on dyslexia and recognizing dyslexia and the use of screening, diagnostic, and progress monitoring tools that are sensitive to the characteristics of dyslexia.

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Screening and Evaluation

Process:

- KSBE should require every accredited school district to screen and identify students at risk of dyslexia or demonstrating the characteristics of dyslexia;

- KSBE should amend the Kansas Education Systems Accreditation model to require districts to implement a rigorous tiered system of supports subject to external review;

- KSBE should develop and provide to school districts criteria for vetting and approving tools and materials for screening and assessing students for characteristics of dyslexia; and

- The Legislature should provide additional funding to districts for the purpose of acquiring screening, diagnostic, and progress monitoring tools that are sensitive to the characteristics of dyslexia. KSBE should provide recommendations to districts on appropriate screening, diagnostic, and progress monitoring tools.

Evidence-based Reading Practices:

- KSBE should require each accredited school district to utilize structured literacy as the evidence-based approach to teaching literacy skills to all students and promote early intervention for students with characteristics of dyslexia. KSBE should utilize the “Components of Structured Literacy Checklist” from *The New Jersey Dyslexia Handbook* (Appendix C) to evaluate structured literacy programs for accreditation purposes. KSBE should ensure school districts are made aware of information concerning structured literacy training and information currently available from the Kansas Technical Assistance System Network (Appendix D);

- KSBE should direct the creation of a dyslexia handbook for use by schools in Kansas. The creation of the handbook should involve input from a broad array of stakeholders; and
• KSBE should identify a dyslexia coordinator within the Kansas State Department of Education.

Other: • **Task Force continuation.** The Legislature should reappoint the Legislative Task Force on Dyslexia (Task Force) to meet once per year for three years to monitor progress of implementation of the recommendations. The reappointed Task Force should include the same members and also include the consulting conferees participating in the November 28, 2018, and January 10, 2019, meetings of the Task Force; and

• **Dyslexia definition.** The Task Force concluded the definition of “dyslexia” used by schools and policymakers should be the definition provided by the IDA, which states dyslexia is “a specific learning disability that is neurobiological in origin. It is characterized by difficulties with accurate and/or fluent word recognition and by poor spelling and decoding abilities. These difficulties typically result from a deficit in the phonological component of language that is often unexpected in relation to other cognitive abilities and the provision of effective classroom instruction. Secondary consequences may include problems in reading comprehension and reduced reading experience that can impede growth of vocabulary and background knowledge.”

**Proposed Legislation:** None

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**Kansas Legislative Research Department 0-2 2018 Legislative Task Force on Dyslexia**

by **BACKGROUND**

the chairperson and ranking minority member of the House Committee on The Task Force was created by 2018 Sub. for Education; HB 2602, codified at KSA 72-8193, to advise and make recommendations to the Governor,

• One member from the KSBE appointed by Legislature, and Kansas State Board of Education

the KSBE, who will serve as the Task (KSBE) on or before January 30, 2019, regarding Force chairperson; matters concerning the use of evidence-based practices for students with dyslexia. The Task Force was specifically required to:

• One professor employed by a state educational institution with specialized expertise in effective evidence-based reading practices for dyslexia appointed by the President of the Kansas Board of Regents;

• Research and recommend high quality pre-service and in-service professional development activities to address reading

• One public school principal appointed by the United School Administrators of Kansas; difficulties like dyslexia, including identification of dyslexia and effective

• Four parents of children with a diagnosis reading interventions to be used in schools
of dyslexia to be individually appointed by and applicable degree programs; Keys for Networking, Inc.; Families Together, Inc.; Decoding Dyslexia

- Study and examine state and federal law, rules and regulations, and the implementation of such laws and rules and regulations that affect students with dyslexia; and Johnson County; and the International Dyslexia Association Kansas Missouri Branch, who should be appointed with an effort to provide statewide representation, if possible;

- Identify valid and reliable screening and evaluation assessments and protocols that can be used, as well as the appropriate
  - One member appointed by the Kansas Association of Special Education Administrators; personnel to administer such assessments, in order to identify children with reading
  - One elementary school building-level difficulties, such as dyslexia or the reading specialist appointed by the KSBE; characteristics of dyslexia.
  - One elementary school special education

The Task Force is composed of the following teacher appointed by the KSBE; 16 voting members:

- One Senate member and one elementary school classroom teacher appointed jointly by the chairperson and ranking minority member of the Senate Committee on Education;
- One licensed psychologist or speech-language pathologist who diagnoses dyslexia as a part of such person’s practice appointed by the Task Force chairperson; and
- One House member and one elementary school classroom teacher appointed jointly
- One member identified as a non-profit service provider for children diagnosed Kansas Legislative Research Department 0-3 2018 Legislative Task Force on Dyslexia KSBE, with dyslexia appointed by the accepted nominations from the body for a chairperson of the Task Force.

The statute allowed the Task Force to meet up upon the call of their chairpersons and make recommendations to the Rights Center of Kansas. The statute allowed the Task Force to meet up September 13, 2018 to six times and meet at any time and at any place
The Task Force received a presentation from within Kansas on the call of the Chairperson and, Dr. David Hurford on the nature of dyslexia and if approved by the Legislative Coordinating the science of reading. A representative of KSDE Council, members would be paid for expenses, presented the agency’s recommendations in mileage, and subsistence reference to dyslexia and information on the agency’s comprehensive strategy for teaching The Task Force chairperson was required to call an organizational meeting of the Task Force reading and intervening when reading struggles emerge. on or before July 15, 2018. The Task Force also received status updates Further information concerning the Task Force, including the minutes of its meetings, documents presented to the Task Force, and initial draft recommendations from the four subcommittees created at the July 12 meeting of the Task Force. Subcommittee reports, may be found at http://www.kslegislature.org/li_2018/b2017_18/co
November 9, 2018 mmittees/ctte_tf_dyslexia_1/documents/

The Task Force met at the offices of the Kansas Association of School Boards to receive a COMMITTEE ACTIVITIES presentation from Dr. Jack Fletcher, the Hugh Roy and Lillie Cranz Cullen Distinguished University The Task Force met five times during the 2018 Interim: July 12, 2018; September 13, 2018; November 9, 2018; November 28, 2018; and January 10, 2019. In accordance with its statutory charge, the Task Force’s work focused on matters concerning the use of evidence-based practices for students with dyslexia. Chair of Psychology at the University of Houston, on his own work studying dyslexia and the education of children with dyslexia. Dr. Fletcher stated the quality of core reading skills for all children must be the central focus, the brain’s neural systems must be programmed in order to read, and explicit phonics (building from the part to the whole) is the answer. He further provided a July 12, 2018 review of the recommendations of the subcommittees of the Task Force and The Task Force Chairperson, appointed by the recommended specific changes to some of those Kansas Legislative Research Department 0-4 2018 Legislative Task Force on Dyslexia 5 recommendations.

November 28, 2018 to examine and review current laws and consider the fit of recommendations of other subcommittees

into the existing legal framework.

At the Task Force’s fourth meeting, the Chairperson introduced individuals who participated in the Task Force’s final two meetings to provide additional perspectives that were not included in the Task Force membership. The individuals included Dr. Barbara Bradley, representing colleges of education at Kansas Board of Regents universities; Lynette Cross, representing the Kansas Independent College Association; Deb Farr, representing the Kansas National Education Association; Heath Peine, August 15. The Subcommittee members discussed their individual prior research in the area and requested Kansas Legislative Research Department (KLRD) staff update a 50-state survey on laws concerning education of students with dyslexia. The Subcommittee also discussed the Individuals with Disabilities Education Act, Section 504 of the Rehabilitation Act, the Kansas Act for Exceptional Children, and Kansas special education regulations.
representing Kansas Multi-Tiered System of Supports and Alignment; and Dr. Joan Robbins, a retired Special Education Director.

September 11. The Subcommittee reviewed the updated 50-state survey provided by KLRD staff of laws concerning education of students with Mr. Peine, Assistant Superintendent of USD 353 Wellington, presented information on Kansas dyslexia. The Subcommittee also discussed Multi-Tiered System of Supports and Alignment as administered by the Kansas Technical Assistance System Network. Mr. Peine presented information on how that system could be effective for serving students indicating characteristics of dyslexia.

October 4. The Subcommittee heard from representatives of KSDE concerning teacher licensure and teacher education program standards. The Subcommittee discussed possible changes to these standards to achieve recommendations of other subcommittees. The Task Force also received final recommendations from each subcommittee and discussed converting those recommendations into Task Force recommendations. Subcommittee specifically noted careful consideration of the appropriate standards to adjust and which licensees should have standards adjusted must be given by the Task Force.

January 10, 2019

October 11. The Subcommittee heard from representatives of KSDE concerning various state At the final meeting of the Task Force, the Chairperson presented a set of draft recommendations for the Task Force assembled by the Chairperson and the chairpersons of the subcommittees. The Task Force debated and amended those recommendations before unanimously approving the amended recommendations. The Task Force also unanimously approved a definition of dyslexia used by the International Dyslexia Association and federal funding options for general and special education. The representatives informed the Subcommittee existing funding sources are currently fully allocated to other educational efforts and any new legislation would require new funding or stripping funding from other educational efforts. They also noted even using existing training resources, such as the Technical Assistance System Network, may require a new appropriation of state funds. (IDA).

October 25. The Subcommittee met with Subcommittee Activities representatives of teacher preparation programs at Kansas public and private institutions of higher education. The representatives expressed frustration they had not been included in the Task Force’s work. They indicated a framework already exists into which improvements to teacher preparation for dyslexia education could be placed. They further indicated much work is already being done to train teachers to educate students with dyslexia, but more could be done within the existing framework. The Subcommittee also reviewed the option of using the Early and Periodic Screening, Diagnostic and Evaluation Process placed. They further indicated much work is already being done to train teachers to educate students with dyslexia, but more could be done within the existing framework. The Subcommittee also reviewed the option of using the Early and Periodic Screening, Diagnostic and Evaluation Process placed. They further indicated much work is already being done to train teachers to educate students with dyslexia, but more could be done within the existing framework. The Subcommittee also reviewed the option of using the Early and Periodic Screening, Diagnostic and
Treatment
The Subcommittee on Screening and Evaluation Process met on August 21, October 24, and January 3 to consider screening and evaluation processes currently used by Kansas schools and possible alternatives. A component of Medicaid as an avenue for dyslexia screening and services.

August 21. The Subcommittee met and discussed various dyslexia screening tools and November 5. The Subcommittee discussed its report to the Task Force. protocols, as well as possible recommendations to the Task Force.

Evidence-based Reading Practices

October 24. The Subcommittee met and discussed the use of multi-tiered system of support for screening for dyslexia and adopted tentative Reading Practices met on September 5 and recommendations to the Task Force. October 5 to review the reading practices of other states and make recommendations for Kansas.

January 3. The Subcommittee met and revised its recommendations to the Task Force. September 5. The Subcommittee discussed evidence-based practices adopted by other states, as well as possible recommendations to the Task

Conclusions and Recommendations

Prior to the January 10, 2019, meeting of the Task Force, the Chairperson and the chairpersons tentative recommendations to the Task Force. The Subcommittee on Evidence-based evidence-based practices adopted by other states, as well as possible recommendations to the Task

Pre-service and In-service Professional Development

October 5. The Subcommittee adopted Task Force modified those recommendations at the January 10 meeting and adopted the following modified recommendations, largely organized around the structure of the subcommittees. The Subcommittee on Pre-service and In-service Professional Development met four times via an online program that allowed sharing of materials and interaction between the members. The dates of the meetings were July 27, August 13, August 27, and September 7.

Pre-service
KSBE should modify the Educator Preparation Program Standards to include the IDA’s Knowledge and Practice Standards for Teachers of Reading. The knowledge base of the science of reading should be covered in pre-service training and what the ramifications of implementing potential suggestions would be for institutions of higher education, particularly for colleges of education and teacher preparation programs. The Subcommittee discovered some in-service teachers’ lack of training at the pre-service level. The Legislature should provide funding to appropriate science-based identification and train college of education professors who teach intervention strategies.

KSBE should require candidates for K-6 teaching licenses, English Language Arts endorsements, reading specialist teaching licenses, and special education teaching licenses to pass an examination of their knowledge of the science of reading. KSBE should study and approve a test or multiple tests to satisfy this requirement. resulted in a continued lack of understanding of the science of reading and how to implement reading to become cognizant in the science of reading. Training could include conference participation, educational experiences, webinars,
KSBE and relevant education materials.

should develop and provide to school districts criteria for vetting and approving tools Professional Learning.

KSBE should require school systems to provide evidence-based and consistent professional development opportunities consisting of training regarding the nature of dyslexia, an introduction in procedures to identify students who are struggling in reading, and an introduction to intervention strategies and procedures. The content of the professional development should include those areas listed in Appendix A.

The Legislature should provide additional funding to districts for the purpose of acquiring screening, diagnostic, and progress monitoring tools that are sensitive to the characteristics of dyslexia. KSBE should provide recommendations to districts on appropriate screening, diagnostic, and progress monitoring tools.

KSBE should encourage colleges of education Evidence-based Reading Practices in Kansas to develop a course of study with a KSBE should require each accredited school specialization in dyslexia and dyslexia-like district to utilize structured literacy as the characteristics. This course should be geared evidence-based approach to teaching literacy skills toward a Science of Reading endorsement to all students and promote early intervention for (English for Students of Other Languages students with characteristics of dyslexia. KSBE endorsement could be used as a model for the should utilize the “Components of Structured structure of this endorsement). This course of Literacy Checklist” from The New Jersey Dyslexia study should align with the IDA Knowledge and Handbook (Appendix C). For information Practice Standards. This course of study should concerning structured literacy training and include practica experiences working with information currently available from the Kansas students with dyslexia or characteristics of Technical Assistance System Network (Appendix dyslexia with appropriate supervision and D). leadership development skills such that the person who graduates with this endorsement can train other classroom teachers and reading specialists within their school district. The training for KSBE should direct the creation of a dyslexia handbook for use by schools in Kansas. The creation of the handbook should involve input classroom teachers should be consistent with the IDA document, Dyslexia in the Classroom: What from a broad array of stakeholders.

Every Teacher Needs to Know (Appendix B).

KSBE should identify a dyslexia coordinator within the KSDE. The Legislature should provide funding for school districts to train appropriate staff on dyslexia and recognizing dyslexia and the use of Other screening, diagnostic, and progress monitoring tools that are sensitive to the characteristics of dyslexia.

Task Force continuation. The Legislature should reappoint the Task Force to meet once per year for three years to monitor progress of implementation of the recommendations. The Screening and Evaluation Process
reappointed Task Force should include the same members and also include the consulting conferees.
KSBE should require every accredited school district to screen and identify students at risk of dyslexia or demonstrating the characteristics of participating in the November 28, 2018, and January 10, 2019, meetings of the Task Force.
dyslexia.

**Dyslexia definition.** The Task Force
KSBE should amend the Kansas Education Systems Accreditation model to require districts to concluded the definition of “dyslexia” used by schools and policymakers should be the definition provided by the IDA, which states dyslexia is “a specific learning disability that is neurobiological in origin. It is characterized by difficulties with implementation and accurate and/or fluent word recognition and by the provision of effective classroom instruction. Secondary consequences may include difficulties typically resulting from a deficit in the reading experience that can impede growth of unexpected in relation to other cognitive abilities vocabulary and background knowledge.”

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The degree of difficulty a child with dyslexia has with reading, spelling, and/or speaking varies from person to person due to inherited differences in brain development, as well as the type of teaching the person receives. The brain is normal, often very “intelligent,” but with strengths in areas other than the language area.

This “difference” goes undetected until the person finds difficulty when learning to read and write. Each individual with dyslexia is unique, but the multisensory approach is flexible enough to serve a wide range of ages and learning differences. A multisensory approach can be valuable to many; to the dyslexic child it is essential. The expertise of the teacher is the key.

The intent of this toolkit is to provide classroom teachers with basic information about dyslexia, dispel some of the myths and misconception surrounding it and be a resource that will increase their capacity to ensure the success of the diverse group of learners in their classrooms.

The International Dyslexia Association (IDA) was founded in 1949 as The Orton Society to honor and further the work and passion of Dr. Samuel Torrey Orton. IDA serves individuals with dyslexia, their families, and professionals in the field. We have more than 9,000 members, 42 branches throughout the United States and Canada and have 27 global partners in 23 countries. Together we are working to help those with and affected by dyslexia.

We believe that all individuals have the right to achieve their potential, that individual learning abilities can be strengthened, and that social, educational and barriers to language acquisition and use must be removed.

IDA actively promotes effective teaching approaches and related clinical educational intervention strategies for individuals with dyslexia. We support and encourage interdisciplinary research. We facilitate
the exploration of the causes and early identification of dyslexia and are committed to the responsible and wide dissemination of research and evidence based knowledge.

The purpose of IDA is to pursue and provide the most comprehensive range of information and services that address the full scope of dyslexia and related difficulties in learning to read and write...in a way that creates hope, possibility, and partnership, so that every individual has the opportunity to lead a productive and fulfilling life, and society benefits from the resource that is liberated.

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The formal definition of dyslexia is:

Dyslexia is a specific learning disability that is neurological in origin. It is characterized by difficulties with accurate and/or fluent word recognition and by poor spelling and decoding abilities. These difficulties typically result from a deficit in the phonological component of language that is often unexpected in relation to other cognitive abilities and the provision of effective classroom instruction. Secondary consequences may include problems in reading comprehension and reduced reading experience that can impede the growth of vocabulary and background knowledge.

But what does that mean exactly?

Dyslexia is a language-based learning disability. Dyslexia refers to a cluster of symptoms, which result in people having difficulties with specific language skills, particularly reading. Students with dyslexia usually experience difficulties with other language skills, such as spelling, writing, and pronouncing words. Dyslexia affects individuals throughout their lives; however, its impact can change at different stages in a person’s life. It is referred to as a learning disability because dyslexia can make it very difficult for a student to succeed academically in the typical instructional environment, and in its more severe forms, will qualify a student for special education, special accommodations, and/or extra support services.
What causes dyslexia?

The exact causes of dyslexia are still not completely clear, but anatomical and brain imagery studies show differences in the way the brain of a person with dyslexia develops and functions. Moreover, most people with dyslexia have been found to have problems with identifying the separate speech sounds within a word and/or learning how letters represent those sounds, a key factor in their reading difficulties. Dyslexia is not due to either lack of intelligence or desire to learn; with appropriate teaching methods, students with dyslexia can learn successfully.

Dyslexia occurs in people of all backgrounds and intellectual levels. People with dyslexia can be very bright. They are often capable or even gifted in areas such as art, computer science, design, drama, electronics, math, mechanics, music, physics, sales, and sports. In addition, dyslexia runs in families; having a parent or sibling with dyslexia increases the probability that you will also have dyslexia. For some people, their dyslexia is identified early in their lives, but for others, their dyslexia goes unidentified until they get older.

What are the effects of dyslexia?

The impact that dyslexia has is different for each person and depends on the severity of the condition and the timeliness and effectiveness of instruction or remediation. The core difficulty involves word recognition and reading fluency, spelling, and writing. Some individuals with dyslexia manage to learn early reading and spelling tasks, especially with excellent instruction, but later experience their most debilitating problems when more complex language skills are required, such as grammar, understanding textbook material, and writing essays.

People with dyslexia can also have problems with spoken language, even after they have been exposed to excellent language models in their homes and high quality language instruction in school. They may find it difficult to express themselves clearly, or to fully comprehend what others mean when they speak. Such language problems are often difficult to recognize, but they can lead to major problems in school, in the workplace, and in relating to other people. The effects of dyslexia reach well beyond the classroom.

What misconceptions exist regarding dyslexia?

It is equally important to understand what dyslexia isn’t. There are great misconceptions and myths about
dyslexia which make it that much more difficult for someone with dyslexia to receive help and generally be understood.

It is a myth that individuals with dyslexia “read backwards.” Their spelling can look quite jumbled at times not because they read or see words backwards, but because students have trouble remembering letter symbols for sounds and letter patterns in words.

Dyslexia is not a disease and, therefore, there is no cure. With proper diagnosis, appropriate and timely instruction, hard work, and support from family, teachers, friends, and others, individuals who have dyslexia can succeed in school and later as adults.

Individuals with dyslexia do not have a lower level of intelligence. In fact, more often than not, the complete opposite is true.

It is crucial to be able to recognize the signs of symptoms of dyslexia. The earlier a child is evaluated, the sooner he or she can obtain the appropriate instruction and accommodations he or she needs to succeed in school.

General problems experienced by people with dyslexia include the following:

- Learning to speak
- Learning letters and their sounds
- Organizing written and spoken language
- Memorizing number facts
- Reading quickly enough to comprehend
- Keeping up with and comprehending longer reading assignments
- Spelling
- Learning a foreign language
- Correctly doing math operations

Some specific signs for elementary aged children may include:
• Difficulty with remembering simple sequences such as counting to 20, naming the days of the week, or reciting the alphabet

• Difficulty understanding the rhyming of words, such as knowing that fat rhymes with cat

• Trouble recognizing words that begin with the same sound (for example, that bird, baby", and big all start with b)

• Pronunciation difficulties

It is important to note that not all students who have difficulties with these skills have dyslexia. Formal testing of reading, language, and writing skills is the only way to confirm a diagnosis of suspected dyslexia.

An individual can have more than one learning or behavioral disability. For example, in various studies as many as 30% of those diagnosed with a learning or reading difference have also been diagnosed with ADHD. Although disabilities may co-occur, one is not the cause of the other.

Samuel T. Orton, M.D., was one of the first researchers to describe the emotional aspects of dyslexia. According to his research, the majority of preschoolers who were later diagnosed as having dyslexia are happy and well adjusted. Their emotional problems begin to develop when early reading instruction does
not match their learning needs. Over the years, the frustration mounts as classmates surpass the student with dyslexia in reading skills.

Stress and Anxiety

Jerome J. Schultz’s informative IDA fact sheet “The Dyslexia-Stress-Anxiety Connection” is a must read for those wanting guidance on understanding the relationship between dyslexia and emotional and social difficulties, as well as the implications for academic performance and social interactions. Dr. Schultz explains his DE-STRESS model in a step-by-step guide for addressing stress, anxiety, and dyslexia.

Stress and anxiety increase when we’re in situations over which we have little or no control (e.g., a car going off the road, tripping on the stairs, reading in public). All people, young and old, can experience overwhelming stress and exhibit signs of anxiety, but children, adolescents, and adults with dyslexia are particularly vulnerable. That’s because many individuals do not fully understand the nature of their learning disability, and as a result, tend to blame themselves for their own difficulties. Years of self-doubt and self-recrimination may erode a person’s self-esteem, making them less able to tolerate the challenges of school, work, or social interactions and more stressed and anxious.

Many individuals with dyslexia have experienced years of frustration and limited success, despite countless hours spent in special programs or working with specialists. Their progress may have been agonizingly slow and frustrating, rendering them emotionally fragile and vulnerable. Some have been subjected to excessive pressure to succeed (or excel) without the proper support or training. Others have been continuously compared to siblings, classmates, or co-workers, making them embarrassed, cautious, and defensive.

Individuals with dyslexia may have learned that being in the company of others places them at risk for making public mistakes and the inevitable negative reactions that may ensue. It makes sense, then, that many people

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with dyslexia have become withdrawn, sought the company of younger people, or become social isolates. (Schultz, 2013, p. 2)

This fact sheet can be found on the IDA website, [www.DyslexiaIDA.org](http://www.DyslexiaIDA.org).

Self-Image

Dyslexia can also affect a person’s self-image. Students with dyslexia often end up feeling “dumb” and
less capable than they actually are. After experiencing a great deal of stress due to academic problems, a student may become discouraged about continuing in school.

If children succeed in school, they will develop positive feelings about themselves and believe that they can succeed in life. If children meet failure and frustration, they learn that they are inferior to others, and that their effort makes very little difference. Instead of feeling powerful and productive, they learn that their environment controls them. They feel powerless and incompetent.

Researchers have learned that when typical learners succeed, they credit their own efforts for their success. When they fail, they tell themselves to try harder. However, when learners with dyslexia succeed, they are likely to attribute their success to luck. When they fail, they simply see themselves as stupid.

Research also suggests that these feelings of inferiority develop by the age of 10. After this age, it becomes extremely difficult to help the child develop a positive self-image. This is a powerful argument for early intervention.

Depression

Depression is also a frequent complication in dyslexia. Depressed children and adolescents often have different symptoms than do depressed adults. The depressed child is unlikely to be lethargic or to talk about feeling sad. Instead he or she may become more active or misbehave to cover up the painful feelings. In the case of masked depression, the child may not seem obviously unhappy. However, both children and adults who are depressed tend to have three similar characteristics:

• They tend to have negative thoughts about themselves, that is, a negative self-image.
• They tend to view the world negatively. They are less likely to enjoy the positive experiences in life. This makes it difficult for them to have fun.
• Most depressed youngsters have great trouble imagining anything positive about the future. The depressed child with dyslexia not only experiences great pain in his present experiences, but also foresees a life of continuing failure.

So how can you help?

Children are more successful when early in their lives someone has been extremely supportive and encouraging, and when they have found an area in which they can succeed. Teachers can create an incredible support system by:

• Listening to children’s feelings. Anxiety, anger and depression can be daily companions for children with dyslexia. However, their language problems often make it difficult for them to express their feelings. Therefore, adults must help them learn to talk about their feelings.
• Rewarding effort, not just “the product.” For students with dyslexia, grades should be less important than progress.
• When confronting unacceptable behavior, do not inadvertently discourage the child with dyslexia. Words such as “lazy” or “incorrigible” can seriously damage the child’s self-image.

• Helping students set realistic goals for themselves. Many students with dyslexia set perfectionistic and unattainable goals. By helping the child set an attainable goal, teachers can change the cycle of failure.

Above all, it is critical that school personnel, parents, and outside professionals working with the child with dyslexia communicate on an on-going basis to provide the support needed, so he or she can become a happy and successful student, and eventually, a happy and successful adult.
Schools can implement academic accommodations and modifications to help students with dyslexia succeed. For example, a student with dyslexia can be given extra time to complete tasks, help with taking notes, and work assignments that are modified appropriately. Teachers can give taped tests or allow students with dyslexia to use alternative means of assessment. Students can benefit from listening to books on tape and using text reading and word processing computer programs.

Teaching students with dyslexia across settings is challenging. Both general education and special education teachers seek accommodations that foster the learning and management of a class of heterogeneous learners. It is important to identify accommodations that are reasonable to ask of teachers in all classroom settings. The following accommodations provide a framework for helping students with learning problems achieve in general education and special education classrooms. They are organized according to accommodations involving materials, interactive instruction, and student performance.

Accommodations Involving Materials

Students spend a large portion of the school day interacting with materials. Most instructional materials give teachers few activities or directions for teaching a large class of students who learn at different rates and in various ways. This section provides material accommodations that enhance the learning of diverse students. Frequently, paraprofessionals, volunteers, and students can help develop and implement various accommodations. Material accommodations include the following:

- **Clarify or simplify written directions.** Some directions are written in paragraph form and contain many units of information. These can be overwhelming to some students. The teacher can help by underlining or highlighting the significant parts of the directions. Rewriting the directions is often helpful.

- **Present a small amount of work.** The teacher can tear pages from workbooks and materials to present small assignments to students who are anxious about the amount of work to be done. This technique prevents students from examining an entire workbook, text, or material and becoming discouraged by the amount of work.

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- **Block out extraneous stimuli.** If a student is easily distracted by visual stimuli on a full worksheet or page, a blank sheet of paper can be used to cover sections of the page not being worked on at
the time. Also, line markers can be used to aid reading, and windows can be used to display individual math problems. Additionally, using larger font sizes and increasing spacing can help separate sections.

• **Highlight essential information.** If an adolescent can read a regular textbook but has difficulty finding the essential information, the teacher can mark this information with a highlight pen.

• **Use a placeholder in consumable material.** In consumable materials in which students progress sequentially (such as workbooks), the student can make a diagonal cut across the lower right-hand corner of the pages as they are completed. With all the completed pages cut, the student and teacher can readily locate the next page that needs to be corrected or completed.

• **Provide additional practice activities.** Some materials do not provide enough practice activities for students with learning problems to acquire mastery on selected skills. Teachers then must supplement the material with practice activities. Recommended practice exercises include instructional games, peer teaching activities, self-correcting materials, computer software programs, and additional worksheets.

• **Provide a glossary in content areas.** Students often benefit from a glossary of content-related terms.

• **Develop reading guides.** A reading guide helps the reader understand the main ideas and sort out the numerous details related to the main ideas. A reading guide can be developed paragraph-by-paragraph, page-by-page, or section-by-section.

• **Use an audio recording device.** Directions, stories, and specific lessons can be recorded. The student can replay the tape to clarify understanding of directions or concepts. Also, to improve reading skills, the student can read the printed words silently as they are presented on tape.

• **Use of assistive technology.** Assistive technology products such as tablets, electronic readers/dictionaries/spellers, text to speech programs, audio books, and more can be very useful tools.

**Accommodations Involving Interactive Instruction**

The task of gaining students’ attention and engaging them for a period of time requires many teaching and managing skills. Teaching and interactions should provide successful learning experiences for each student. Some accommodations to enhance successful interactive instructional activities are:

• **Use explicit teaching procedures.** Many commercial materials do not cue teachers to use explicit teaching procedures; thus, the teacher often must adapt a material to include these procedures. Teachers can include explicit teaching steps within their lessons (i.e., present an advanced organizer, demonstrate the skill, provide guided practice, offer corrective feedback, set up independent practice, monitor practice, and review).

• **Repeat directions.** Students who have difficulty following directions are often helped by asking them to repeat the directions in their own words. The student can repeat the directions to a peer when
the teacher is unavailable. If directions contain several steps, break down the directions into subsets. Simplify directions by presenting only one portion at a time and by writing each portion on the chalkboard as well.

* Maintain daily routines. Many students with learning problems need the structure of daily routines to know and do what is expected.

* Provide a copy of lesson notes. The teacher can give a copy of lesson notes to students who have difficulty taking notes during presentations.

* Provide students with a graphic organizer. An outline, chart, or blank web can be given to students to fill in during presentations. This helps students listen for key information and see the relationships among concepts and related information.

* Use step-by-step instruction. New or difficult information can be presented in small sequential steps. This helps learners with limited prior knowledge who need explicit or part-to-whole instruction.

* Simultaneously combine verbal and visual information. Verbal information can be provided with visual displays (e.g., on an overhead or handout).

* Write key points or words on the chalkboard/whiteboard. Prior to a presentation, the teacher can write new vocabulary words and key points on the chalkboard/whiteboard.

* Use balanced presentations and activities. An effort should be made to balance oral presentations with visual information and participatory activities. Also, there should be a balance between large group, small group, and individual activities.

* Use mnemonic instruction. Mnemonic devices can be used to help students remember key information or steps in a learning strategy.

* Emphasize daily review. Daily review of previous learning or lessons can help students connect new information with prior knowledge.

Accommodations Involving Student Performance

Students vary significantly in their ability to respond in different modes. For example, students vary in their
ability to give oral presentations; participate in discussions; write letters and numbers; write paragraphs; draw objects; spell; work in noisy or cluttered settings; and read, write, or speak at a fast pace. Moreover, students vary in their ability to process information presented in visual or auditory formats. The following accommodation involving mode of reception and expression can be used to enhance students’ performance:

• **Change response mode.** For students who have difficulty with fine motor responses (such as handwriting), the response mode can be changed to underlining, selecting from multiple choices, sorting, or marking. Students with fine motor problems can be given extra space for writing answers on worksheets or can be allowed to respond on individual chalkboards/whiteboards.

• **Provide an outline of the lesson.** An outline enables some students to follow the lesson successfully and make appropriate notes. Moreover, an outline helps students to see the organization of the material and ask timely questions.

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• **Encourage use of graphic organizers.** A graphic organizer involves organizing material into a visual format. To develop a graphic organizer, the student can list the topic on the first line, collect and divide information into major headings, list all information relating to major headings on index cards, organize information into major areas, place information under appropriate subheadings, and place information into the organizer format.

• **Place students close to the teacher.** Students with attention problems can be seated close to the teacher, chalkboard/whiteboard, or work area and away from distracting sounds, materials, or objects.

• **Encourage use of assignment books or calendars.** Students can use calendars to record assignment due dates, list school related activities, record test dates, and schedule timelines for schoolwork. Students should set aside a special section in an assignment book or calendar for recording homework assignments.

• **Have students turn lined paper vertically for math.** Lined paper can be turned vertically to help students keep numbers in appropriate columns while computing math problems.

• **Use cues to denote important items.** Asterisks or bullets can denote questions or activities that count heavily in evaluation. This helps students spend time appropriately during tests or assignments.

• **Design hierarchical worksheets.** The teacher can design worksheets with problems arranged from easiest to hardest. Early success helps students begin to work.
• **Allow use of instructional aids.** Students can be provided with letter and number strips to help them write correctly. Number lines, counters, calculators, and other assistive technology can help students compute once they understand the mathematical operations.

• **Display work samples.** Samples of completed assignments can be displayed to help students realize expectations and plan accordingly.

• **Use peer-mediated learning.** The teacher can pair peers of different ability levels to review their notes, study for a test, read aloud to each other, write stories, or conduct laboratory experiments. Also, a partner can read math problems for students with reading problems to solve.

• **Use flexible work times.** Students who work slowly can be given additional time to complete written assignments.

• **Provide additional practice.** Students require different amounts of practice to master skills or content. Many students with learning problems need additional practice to learn at a fluency level.

• **Use assignment substitutions or adjustments.** Students can be allowed to complete projects instead of oral reports or vice versa. Also, tests can be given in oral or written format.

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_Effective Reading Instruction_  
Early identification and treatment is the key to helping individuals with dyslexia achieve in school and in life. Most people with dyslexia need help from a teacher, tutor, or therapist specially trained in a structured literacy approach. Many individuals with dyslexia need one-on-one help so that they can move forward at their own pace. In addition, students with dyslexia often need a great deal of structured practice and immediate, corrective feedback to develop automatic word recognition skills. For students with dyslexia, it is helpful if their outside academic therapists work closely with classroom teachers.
What is a Structured Literacy approach?

Structured Literacy instruction is marked by several elements:

**Phonology.** Phonology is the study of sound structure of spoken words and is a critical element of Structured Language instruction. Phonological awareness includes rhyming, counting words in spoken sentence, and clapping syllables in spoken words. An important aspect of phonological awareness is phonemic awareness or the ability to segment words into their component sounds, which are called phonemes. A phoneme is the smallest unit of sound in a given language that can be recognized as being distinct from other sounds in the language. For example, the word cap has three phonemes (/k/, /ă/, /p/), and the word clasp has five phonemes (/k/, /l/, /ă/, /s/, /p/).

**Sound-Symbol Association.** Once students have developed the awareness of phonemes of spoken language, they must learn how to map the phonemes to symbols or printed letters. Sound-symbol association must be taught and mastered in two directions: visual to auditory (reading) and auditory to visual (spelling). Additionally, students must master the blending of sounds and letters into words as well as the segmenting of whole words into the individual sounds. The instruction of sound-symbol associations is often referred to as phonics. Although phonics is a component of Structured Literacy, it is embedded within a rich and deep language context.

**Syllable Instruction.** A syllable is a unit of oral or written language with one vowel sound. Instruction includes teaching of the six basic syllable types in the English language: closed, vowel-consonant-e, open, consonant-le, r-controlled, and vowel pair. Knowledge of syllable types is an important organizing idea. By knowing the syllable type, the reader can better determine the sound of the vowel in the syllable. Syllable division rules heighten the reader’s awareness of where a long, unfamiliar word may be divided for great accuracy in reading the word.

**Morphology.** A morpheme is the smallest unit of meaning in the language. The Structured Literacy curriculum includes the study of base words, roots, prefixes, and suffixes. The word instructor, for example, is contains the root struct, which means to build, the prefix in, which means in or into, and the suffix or, which means one who. An instructor is one who builds knowledge in his or her students.

**Syntax.** Syntax is the set of principles that dictate the sequence and function of words in a sentence in order to convey meaning. This includes grammar, sentence variation, and the mechanics of language.

**Semantics.** Semantics is that aspect of language concerned with meaning. The curriculum (from the beginning) must include instruction in the comprehension of written language.

Structured Literacy is distinctive in the principles that guide how critical elements are taught:

**Systematic and Cumulative.** Structured Literacy instruction is systematic and cumulative. Systematic means that the organization of material follows the logical order of the language. The sequence must begin with the easiest and most basic concepts and elements and progress methodically to more difficult concepts and elements. Cumulative means each step must be based on concepts previously learned.
Explicit Instruction. Structured Literacy instruction requires the deliberate teaching of all concepts with continuous student-teacher interaction. It is not assumed that students will naturally deduce these concepts on their own.

Diagnostic Teaching. The teacher must be adept at individualized instruction. That is instruction that meets a student’s needs. The instruction is based on careful and continuous assessment, both informally (for example, observation) and formally (for example, with standardized measures. The content presented must be mastered to the degree of automaticity. Automaticity is critical to freeing all the student’s attention and cognitive resources for comprehension and expression.

Early identification and intervention with students who show the warning signs of dyslexia are critically important for better outcomes later on. Researchers have identified the specific skill weaknesses that predict later reading difficulties, making early testing, identification, and remediation possible. For most children, problems can be remediated with programs at the kindergarten and first-grade levels that take about 30-45 minutes per day.

Before second grade, it is more important to focus an evaluation on the precursors of reading development. Measures of language skills, phonological awareness, memory, and rapid naming are more suggestive of being at-risk for dyslexia among young children than are measures of word reading, decoding, and spelling. Therefore, measures of phonological awareness, memory, and rapid naming are typically included in Kindergarten and beginning first grade screening tests that can identify children who need targeted intervention to improve these critical skills so these children can meet grade-level benchmarks.

How is dyslexia diagnosed?

A comprehensive evaluation typically includes intellectual and academic achievement testing, as well as an assessment of the critical underlying language skills that are closely linked to dyslexia. These include receptive (listening) and expressive language skills, phonological skills including phonemic awareness, and also a student’s ability to rapidly name letters and names. A student’s ability to read lists of words in isolation, as well as words in context, should also be assessed. If a profile emerges that is characteristic of readers with dyslexia, an individualized intervention plan should be developed, which should include
appropriate accommodations, such as extended time. The testing can be conducted by trained school or outside specialists.

**Why is evaluation important?**

An evaluation is the process of gathering information to identify the factors contributing to a student’s difficulty with learning to read and spell. First, information is gathered from parents and teachers to understand development and the educational opportunities that have been provided. Then, tests are given to identify strengths and weaknesses that lead to a diagnosis and a tentative road map for intervention. Conclusions and recommendations are developed and reported.

**When should a child be evaluated?**

It is possible to identify potential reading problems in young children even before the problems turn into reading failure. Screenings should be used with all children in a school, beginning in kindergarten, to locate those students who are “at risk” for reading difficulty. Preventive intervention should begin immediately, even if dyslexia is suspected. How the child responds to supplementary instruction will help determine if special education services are justified and necessary.

There are numerous types of screeners; one simple one we recommend is the Colorado Learning Disabilities Questionnaire – Reading Subscale (CLDQ-R) School Age Screener. If the risk factors are present, teachers should follow the protocols set-up within their school’s policies to meet with parents regarding further evaluation.

The Colorado Learning Disabilities Questionnaire – Reading Subscale (CLDQ-R) is a screening tool designed to measure risk of reading disability (i.e. dyslexia) in school-age children (Willcutt et al., 2011). Normative scores for this questionnaire were developed based on parent-reports of their 6-to-18- year- old children, as well as actual reading testing of these children. Willcutt, et al. (2011) found that the CLDQ-R is reliable and valid. It is important to note that the CLDQ-R is only a screener and does not constitute a formal evaluation or diagnosis.

**School Age Dyslexia Screener – CLDQ-R**

Please read each statement and decide how well it describes the child. Mark your answer by circling the appropriate number. Please do not leave any statement unmarked.

Never/ not at all
Add up the circled numbers and record that as the Total Score _______________
The following cutoffs apply:
• Total Score <16 = Minimal Risk
• Total Score 16-21 = Moderate Risk
• Total Score >21 = Significant Risk
See below for details for each Risk Group.

**Minimal Risk:** The score indicates that there is little in the child’s developmental history to indicate that he/she is at risk for a reading disability (dyslexia). However, if there are concerns about the child’s reading progress, an evaluation with the school or a licensed child psychologist is recommended to examine the nature of these difficulties.

- Rarely/ a little
- Sometimes
- Frequently/ quite a bit
- Always/ a great deal

1. Has difficulty with spelling 1 2 3 4 5
2. Has/had difficulty learning letter names 1 2 3 4 5
3. Has/had difficulty learning phonics (sounding out words)
4. Reads slowly 1 2 3 4 5
5. Reads below grade level 1 2 3 4 5
6. Requires extra help in school because of problems in reading and spelling 1 2 3 4 5

**Moderate Risk:** The score indicates that there are features of the child’s developmental history (e.g. difficulty learning letters, required extra reading help) that may be consistent with a reading disability (dyslexia). Reading disability constitutes a very common learning disability, affecting approximately 5% of the United States population. Reading disability is characterized by slow or effortful reading, difficulty sounding out new words, and problems with spelling. If there are concerns about the child’s reading progress, an evaluation with the school or a licensed child psychologist is recommended to examine the nature of these difficulties.

**Significant Risk:** The score indicates that there are several features of your child’s developmental history (e.g. difficulty learning letters, required extra reading help) that are consistent with a reading disability (dyslexia). Reading disability constitutes a very common learning disability, affecting approximately 5-10% of the United States population. Reading disability is characterized by slow or effortful reading, difficulty sounding out new words, and problems with spelling. The results of this questionnaire indicate that your child may be experiencing some or all of those symptoms. A formal evaluation with the school or a licensed child psychologist is strongly recommended, so that your child can get the reading support he/she needs, if appropriate.
There are a great many resources available for a deeper understanding of dyslexia, co-morbidities, treatments as well as specific topics including neuroscience, comprehension, fluency, other learning disabilities, response to intervention and much more.

We encourage you to go to our website, www.DyslexiaIDA.org and explore a variety of information including:

- IDA Fact Sheets
- FAQs
- IDA Provider Directory
- IDA Knowledge and Practice Standards for Teachers of Reading

There are numerous publications and books available, including those listed in the Recommended Reading for Professionals Fact Sheet, but here are some useful resources to get you started:


Further, there are extraordinary workshops, conferences, and trainings available all over the United States and Canada hosted by IDA branches; conferences all over the world hosted by our Global Partners; and the Annual IDA Conference hosted by IDA Headquarters. Please go to www.DyslexiaIDA.org to find the next event near you!


Appendix C

<table>
<thead>
<tr>
<th>Intervention Name: Date:</th>
</tr>
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<tbody>
<tr>
<td>Does the intervention program include all components of structured literacy instruction?</td>
</tr>
<tr>
<td>Yes No Phonological Awareness</td>
</tr>
<tr>
<td>Yes No Fluency</td>
</tr>
<tr>
<td>Segmenting Sentences Into Words</td>
</tr>
<tr>
<td>Attention to Accuracy, Rate and Prosody</td>
</tr>
<tr>
<td>Syllable Segmentation and Blending</td>
</tr>
<tr>
<td>Use of Normative Data to Ensure Adequate Progress</td>
</tr>
<tr>
<td>Phonemic Awareness - Segmentation, Blending &amp; Manipulation</td>
</tr>
<tr>
<td>Yes No Reading Comprehension</td>
</tr>
<tr>
<td>Yes No Sound-Symbol Association</td>
</tr>
<tr>
<td>Process of Deriving Meaning &amp; Establishing a Coherent Mental</td>
</tr>
<tr>
<td>Sounds &amp; Letters Connected for Both Reading (visual) and Spelling</td>
</tr>
<tr>
<td>Model of the Text’s Content</td>
</tr>
</tbody>
</table>
(auditory) to Mastery
Attention to Integration of Ideas Within Text and Between Texts
Blending of Sounds & Letters into Words to Mastery
Use of Text Structure to Accomplish a Goal (i.e., explaining main
Segmenting Whole Words into Individual Sounds to Mastery
idea or recalling details)
Purposeful Teaching of Strategies Related to the Text Structure with Opportunities to Apply in New Situations
Access Background Knowledge & Identify Language in Text that Yes No Syllable Instruction
May be Problematic (indirect meanings, figurative language,
6 Basic Syllable Types: Identify the Sound of the Vowel Within a Syllable
complex sentences, pronoun referents, new vocabulary)
Use of Graphic Organizers
Syllable Division Rules: Enhance Accuracy for Reading Unknown Words to Mastery
Yes No Delivery of Instruction
Training Standards and Fidelity of Implementation Measures Yes No Orthography
Defined
Focus on Spelling Patterns and Rules as well as Word Meanings, Parts
Explicit Instruction is Provided One Language Concept at a Time of Speech and Word Origins
Sequence of Instruction is Systematic and Cumulative Explicit Instruction in Letter Formation
Provides Multisensory Instruction
Includes Assessments for Diagnostic Teaching (Pre/Post Tests, Mastery Checks) Yes No Morphology
Establishes Guidelines for Student Grouping (Size, Homogenous
Study of Base Words, Roots, Prefixes and Suffixes
Needs)
Notes
Yes No Grammar/Syntax
Focus on Grammar & Sentence Variations
Study of Mechanics of Language & Function of Word Order to Convey Meaning
YES NO Vocabulary
Words Taught Explicitly in Multiple Settings
Synonyms, Antonyms and Multiple Meanings Integrated into Discussions
Essential Features with Visual Representations for Concepts Identified During Discussions
Idioms Integrated When Appropriate to Situations
NJ Dyslexia Handbook - Components of Structured Literacy Intervention Checklist
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Appendix
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