

Scotopic Sensitivity

(Visual Stress)

Symptoms

Light Sensitivity - discomfort or difficulty with

- bright and/or fluorescent lights
- glare from lights
- glare from surfaces
- sunlight

Contrast Problems - when the difference between light and dark is very pronounced visual distortions occur

- black text on bright white paper/white board
(letters may blur, words move, patterns or lights appear in the text)
- vertical or horizontal window blinds
- striped patterns / bold patterns

Restricted Field of vision

- only a few letters on the page appear clear while the rest is out of focus
(this is not short/long sight and can make it hard to read whole words/skim)
- difficulty keeping place on the page - skip or re-read lines

Headaches and Migraines - brought about by the distortions they are experiencing

Attention and Concentration Difficulties - due to visual distortions reading and studying can be difficult causing tiredness, restlessness and the need to take breaks

=====

Strategies

- Students can use **coloured overlays** for reading worksheets/ books
- Use a **pastel background** on the SMART Board
- Use a **brown / blue pen** on the white board
- Write clearly
- Use **different coloured bullet points** to help students track when copying

Avoid

- Dotting words all over the board at various angles
- Don't move text around while students are copying from the SMART Board