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## Lions-Davis Visual Efficiency Test

All vision is learned. To be successful in school a student must be able to see the letters clearly, move his eyes, aim (converge and diverge) his eyes and change focus quickly. TV, the best baby sitter ever invented, does not teach these skills. In fact it hinders the development of these skills.

The Lions-Davis Visual Efficiency Test is used to measure the developmental level of a person's vision skills. Young people's visual systems are less efficient than older people's. Visual systems usually improve with age, but vision skills can be quickly enhanced. We do not have to wait for them to develop. With 80 to 90% of all learning through the eyes, it is to the distinct advantage of both schools and students to be sure students' visual systems are working efficiently. This test has proven valid with people who are 5 years of age or older. It only takes one minute to test a whole class and the New Mexico Lions Clubs offer it free for parents or schools to use. NM Lions hope to help both students and adults read comfortably with this research based program. A person who reads comfortably will read more with higher academic success.

The Lions-Davis Visual Efficiency Test contains random letters, symbols, and figures printed on an 8 ½" x 11" piece of paper. Interposed with the random figures are 66 "O"s, which are also randomly placed. Students are told that it is a timed test. They are asked to draw a line between Os connecting as many Os as they can in one minute. It is helpful to print a few Os on a blank sheet of paper for very young students and demonstrate to them what they are expected to do.

### Giving the Visual Efficiency Test

1. Make sure students being tested are seated at comfortable desks that are also the **correct height. With thumbs under the chin, the elbows should just clear the top of the desk.** The distance from eyes to the desk should be equal to the distance between elbow and the knuckle on the middle finger.
2. Have a list of the students in your hand and put a check mark by those that get close to their work.
3. Set the timer for one minute.

### Student directions:

1. Tell students, "You are going to take a one minute test. There is no pass or fail. The test is just to see how much visual work they can do in one minute."
2. Say, "You are to draw a line to connect as many Os as you can in one minute."
3. Do not start until you are told to start and to be sure to stop when I say, "Stop."
4. Demonstrate on the chalkboard only if the students do not appear to understand.

Scoring:	# Os connected	# Os connected	# Os connected		
5 years	20	9 years	32	13 years	44
6 years	23	10 years	35	14 years	47
7 years	26	11 years	38	15 years & older	50
8 years	29	12 years	41	<b><u>Need eye exam if 6 below age</u></b>	

Scoring begins by counting the number of Os the students connected. Most normal 5-year olds will connect 20. Generally children will be able to connect an additional three each year. The 6-year old will connect 23 and a 7-year old will connect 26. This continues until the child reaches 15 years of age when the efficiency plateaus at 50 for the average person. Children who for one reason or another never read will always do poorly on this test. **Children who are two or more years behind on their visual efficiency or get close to their work should be referred for an eye exam.**

### **Enhancing vision skills**

#### **Information for Parents:**

Most vision specialists recommend that children have a complete eye exam every year. For an informed optometrist near you call Optometric Extension Program Foundation at 949-250-8070. Take the visual efficiency test paper to the doctor for the appointment.

**Things to do at home.** Provide a table or desk that is waist high for homework and games. The table should be just high enough for the child to get his/her knees under the table. Encourage the child to sit up and not lean over work. (Kitchen tables are too high.) Play board games especially chess which requires scanning most chessman after each move. The eyes are very active in a chess game. Sudoku puzzles are one of the best for eye teaming practice exercises. There are few things that require as much fixating or “looking” as chess and sudoku. Jump rope and jacks are great activities. Teach the child to knit. Teach child to catch and throw. A ‘Throwback’ or a beanbag works well.

(Kmart and Walmart, have inexpensive Throwbacks.) A young child, that can not catch, begins by sitting two feet in front of the net, letting the beanbag hit him and progresses to catching while standing, **throwing and catching using either hand,** standing on one foot, etc. All of these activities allow the child to practice moving, aiming, shifting and using his eyes while having fun.

Body movement programs the brain getting it ready to learn. Activities crossing the middle of the body forces both sides of the brain to work together as a team. Using either hand to catch and throw or use the computer mouse with either hand forces both sides of the brain to develop. Instead of being right brained or left brained the child can be “whole brained”.

Parents can use the Impress Method of reading with the child. In this method parent and child sit together, each holding a corner of the book. The child points to each word. Parent and child both say each word. If the child comes to a word he does not know he points and listens and they keep on going. By pointing to the words the child tells his eyes where to aim his eyes. (The child must do the pointing.) Seeing and hearing the words reinforces the learning experience. Comprehension improves when reading is not interrupted by sounding out words. It is a “warm fuzzy” time. Reading becomes fun. This method works especially well when the parents and child read the story the class will read the next day.