

Strasburg Vision and Learning Center

Strasburg Family Eyecare, LLC

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Visual Skills Necessary for Success in Reading and Learning

Most people don't realize that you need 17 visual skills to succeed in reading, learning, sports, and in life. Seeing 20/20 is just one of those visual skills. Here is the complete list:

1. Eye Movement Control
2. Simultaneous Focus at Far
3. Sustaining Focus at Far
4. Simultaneous Focus at Near
5. Sustaining Focus at Near
6. Simultaneous Alignment at Far
7. Sustaining Alignment at Far
8. Simultaneous Alignment at Near
9. Sustaining Alignment at Near
10. Central Vision (Visual Acuity)
11. Peripheral Vision
12. Depth Awareness
13. Color Perception
14. Gross Visual-Motor Skills
15. Fine Visual-Motor Skills
16. Visual Perception
17. Visual Integration

Make sure your Eye Doctor checks for all 17 skills during a comprehensive Binocular Eye Exam.

Recommended starting eye exam around age 3.

All of the above skills are usually present by age 6.