



Michigan Tracking

Saccades

PURPOSE: To improve fine saccadic accuracy and speed.

PROCEDURE:

Therapist check appropriate procedure:

- _____ 1. On the following worksheet (pg. _____), underline the letters starting at the top left hand corner. When you get to the first “a”, circle it and then continue to underline the letters until you get to “b” and circle it. Continue underlining and circling the letters from “a” through “z.” See example. Pencil movement should be continuous and steady without lifting the pencil from the page. Try to be as accurate as possible. If a letter is skipped, you will not be able to complete the entire alphabet. Once you become accurate, start timing yourself and try to become quicker at finishing each section.

- _____ 2. Starting at the top left hand corner, scan each line of letters from left to right using only your eyes. There is no underlining in this step. As you come across each of the letters from “a” through “z,” circle or cross out the letter, as above, but without underlining. Stress accuracy, speed, and no head movement. Record the amount of time it takes to do each paragraph.

GOAL FOR THE WEEK: