

# 5 Minute Auditory Processing Test

	Almost Always	Half of the time	Occasionally	Never
1. Says "huh" and or "what" at least 5 times per day.				
2. Does not listen carefully to directions- often necessary to repeat instructions.				
3. Does not pay attention (listen) to instructions 50% or more of the time.				
4. Cannot attend to auditory stimuli for more than a few seconds at a time.				
5. Easily distracted by background noises.				
6. Difficulty with phonics, spelling and writing.				
7. Experiences problems with sound discrimination.				
8. Forgets what is said within minutes of hearing it.				
9. Does not remember routine things from day to day.				
10. Frequently misunderstands what is said.				
11. Does not comprehend many words- verbal concepts for their educational level.				
12. Learns poorly through the Auditory channel.				
13. Has a language problem (morphology, syntax, vocabulary, phonology).				
14. Has an articulation (phonology) problem.				

15. Demonstrates below average performance in one or more academic area.				
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**Scoring:**

To calculate your score, give yourself:  
3 points for every time you checked the “Almost Always” column  
2points for every time you checked the “Half of the Time” column  
1 point for every time you checked the “Occasionally” column  
0 points for the “Never” column

\*\* If you have a blood relative that has a hearing loss then add an additional 3 points.

**Suggestions:**

- 0-5, your hearing is fine, consider keeping your brain sharp by playing the following games.
- 6-9, Suggestion: Come in for a full APD test and start brain retraining
- 10 and above, STRONGLY recommend a full APD test and start brain retraining at Cognitive Connections