

Most people don't realize that you need **17 visual skills** to succeed in [reading](#), [learning](#), [sports](#), and in life!

1	Eye Movement Control	<i>The ability to move both eyes together to point at an intended target or follow along a path, like a line of text</i>
2	Simultaneous Focus at Far	<i>Forming a clear image of something in the distance</i>
3	Sustaining Focus at Far	<i>Keeping an image of something in the distance clear</i>
4	Simultaneous Focus at Near	<i>Forming a clear image of something close to the eyes</i>
5	Sustaining Focus at Near	<i>Keeping a clear image of something close to the eyes</i>
6	Simultaneous Alignment at Far	<i>Lining up both eyes at the same point in the distance</i>
7	Sustaining Alignment at Far	<i>Holding both eyes lined up at the same point in the distance</i>
8	Simultaneous Alignment at Near	<i>Lining up both eyes at the same point up close</i>
9	Sustaining Alignment at Near	<i>Holding both eyes lined up at the same point up close</i>
10	Central Vision (Visual Acuity)	<i>This is where "20/20" vision comes in!</i>
11	Peripheral Vision	<i>Being able to see what's on either side of you while your eyes are pointed forward</i>
12	Depth Awareness	<i>Being able to tell that things are further away or closer up than each other (also know as depth perception)</i>
13	Color Perception	<i>Being able to tell different colors apart (if you are not color-blind)</i>
14	Gross Visual-Motor	<i>Moving yourself through space without bumping into things by using information from your vision</i>
15	Fine Visual-Motor	<i>Writing, sewing, texting, and doing other small and close-up activities with accuracy by using information from your vision</i>
16	Visual Perception	<i>Being aware of your environment and what is going on around you in your visual field (the area you can see)</i>
17	Visual Integration	<i>Bringing together your vision and your other senses to accomplish complex tasks, like reading while walking a balance beam</i>

