# Speed reading

* Speed: measure wpm at intervals to measure proficiency/success
* Comprehension: don’t read for speed without comprehension, always comprehend the material
* Retention: remember

## top problems and solutions

regression (going back)

fixation (reading word for word/focusing on words)

auditory reassurance/ sub-vocalization (voice in head): a,e,i,o,u (will affect comprehension at first)

poor concentration: quite (ear muffs), remove distractions

einsteins method: ek sal nie meer afgelei word deur dit nie

## practice speed

use hands/object at constant speed (put paper on top and prevent from rereading, go down at constant speed)

set amount to read and time to read it, just to read the words (comprehension no required)

then less time

then more text to read

then less time, etc

read between every second word ( to read those 2 words together ), then 3, 4...

## practice comprehension

constantly ask yourself what is this about

skim through text fart before reading to get quick overview of it

## practice retention

use mind maps to make notes

study in the same setting as when you will write the test

## how to improve

have eyes checked

measure current speed

remove distractions

when reading for comprehension use pre-reading/skimming techniques first

decide how fast you want to go (if you ned high comprehension for technical material, slow down)

use finger or hand as pacing tool

stop/reduce sub-vocalization

read groups of words at a time (chunking)

to increase concentration and focus, constantly ask yourself "what is this about?..."

find a good program (book, software) to help you

practice, practice, practice

hold head still

## word habituation training

the, be, to, of, and, a, in, have, it, that, I

replace all spaces in text with one of these words, and read it like that 500 - 1000 words per word.

## steps to read any book

skim the whole book, learn about the font sizes, how it is organized, etc.

read front and back parts first, then index, etc.

read upside down, reverse, reverse upside down