

10X EFFECTIVE LEARNING

Developing a Sense of Urgency When Reading

Introduction

In order to train the development of urgency, perform one of the following workouts every week day.

The goal of each workout is to read a text and answer the questions in the amount of time allocated. You must be able to complete the lecture and the answering within that time limit. For that purpose, push yourself to read faster and to understand what you are reading.

You will need all your concentration for it, so perform the exercises in a quiet place.

From Monday to Friday perform one of the workouts below, and just after that, select a long text of your choice and read it practicing the sense of urgency.

If you have already done the 10 minutes to double your reading speed workouts, then reduce your allowed time by half.

Before starting any of the workouts, find a timer to control your reading time. Do not watch or read the text before starting the test.

MONDAY

Start your timer now and read and answer the following questions in 60 seconds

A WOLF, meeting with a lamb astray from the fold, resolved not to lay violent hands on him, but to find some plea, which should justify to the lamb himself, his right to eat him.

He then addressed him: Sirrah, last year you grossly insulted me. Indeed, bleated the lamb in a mournful tone of voice: I was not then born.

Then said the wolf: You feed in my pasture. No, good sir, replied the lamb: I have not yet tasted grass.

Again said the wolf: You drink of my well. No, exclaimed the lamb: I never yet drank water, for as yet my mother's milk is both food and drink to me.

Upon which the wolf seized him and ate him up, saying: Well! I won't remain supper less, even though you refute every one of my imputations.

Moral: The tyrant will always find a pretext for his tyranny, and it is useless for the innocent to try by reasoning to get justice when the oppressor intends to be unjust.

Questions

1. The wolf wanted to eat the lamb straight away
 1. True
 2. False
2. The lamb was just a newborn
 1. True
 2. False
3. The wolf finally ended eating the lamb
 1. True
 2. False

TUESDAY

Start your timer now and read and answer the following questions within 90 seconds

Once, as a lion lay sleeping in his den, a naughty little mouse ran up his tail, and onto his back and up his mane and danced and jumped on his head ...

...so that the lion woke up. The lion grabbed the mouse and, holding him in his large claws, roared in anger. 'How dare you wake me up! Don't you know that I am King of the Beasts? Anyone who disturbs my rest deserves to die! I shall kill you and eat you!'

The terrified mouse, shaking and trembling, begged the lion to let him go. 'Please don't eat me Your Majesty! I did not mean to wake you, it was a mistake. I was only playing. Please let me go - and I promise I will be your friend forever. Who knows but one day I could save your life?'

The lion looked at the tiny mouse and laughed. 'You save my life? What an absurd idea!' he said scornfully. 'But you have made me laugh, and put me into a good mood again, so I shall let you go.' And the lion opened his claws and let the mouse go free.

'Oh thank you, your majesty,' squeaked the mouse, and scurried away as fast as he could.

A few days later the lion was caught in a hunter's snare. Struggle as he might, he couldn't break free and became even more entangled in the net of ropes. He let out a roar of anger that shook the forest. Every animal heard it, including the tiny mouse.

'My friend the lion is in trouble,' cried the mouse. He ran as fast as he could in the direction of the lion's roar, and soon found the lion trapped in the hunter's snare. 'Hold still, Your Majesty,' squeaked the mouse. 'I'll have you out of there in a jiffy!' And without further delay, the mouse began nibbling through the ropes with his sharp little teeth. Very soon the lion was free.

'I did not believe that you could be of use to me, little mouse, but today you saved my life,' said the lion humbly.

'It was my turn to help you, Sire,' answered the mouse.

Even the weak and small may be of help to those much mightier than themselves.

TUESDAY

Questions

1. The mouse was dancing on the head of the lion
 1. True
 2. False
2. The lion eat the mouse at the end
 1. True
 2. False
3. The mouse let the lion die on the trap
 1. True
 2. False

WEDNESDAY

Start your timer now and read and answer the following questions within 40 seconds

A FATHER had a family of sons who were perpetually quarreling among themselves. When he failed to heal their disputes by his exhortations, he one day told them to bring him a bundle of sticks. When they had done so, he placed the bundle into the hands of each of them in succession, and ordered them to break it in pieces. They tried with all their strength, and were not able to do it. He next unclosed the fagot, and took the sticks separately, one by one, and again put them into their hands, on which they broke them easily. He then addressed them in these words: My sons, if you are of one mind, and unite to assist each other, you will be as this fagot, uninjured by all attempts of your enemies; but if you are divided among yourselves, you will be broken as easily as these sticks.

Moral: Disunited families are easily injured by others.

Questions

1. The father always quarrel with his sons
 1. True
 2. False
2. The sons always quarrel between each other
 1. True
 2. False
3. If you stay together it is easier to be injured by others
 1. True
 2. False

THURSDAY

Start your timer now and read and answer the following questions within 40 seconds

AN OWL who was sitting in a hollow tree, dozing away a summer's afternoon, was very much disturbed by a rogue of a Grasshopper singing in the grass beneath. So far from keeping quiet, or moving away at the request of the Owl, the Grasshopper sang all the more, and called her an old blinker that only came out at night when honest people were in bed.

The Owl waited in silence for a time, and then artfully addressed the Grasshopper as follows: Well, my dear, if one can not be allowed to sleep, it is something to be kept awake by such a pleasant voice. And now I think of it, I have a bottle of delicious nectar. If you will come up, you shall have a drop. The silly Grasshopper, came hopping up to the owl, who at once caught and killed him, and finished her nap in comfort.

Moral: Flattery is not a proof of admiration.

Questions

1. The owl was singing peacefully
 1. True
 2. False
2. The grasshopper was having a nap
 1. True
 2. False
3. The owl finally killed the grasshopper
 1. True
 2. False

FRIDAY

Start your timer now and read and answer the following questions within 40 seconds

IN THE DAYS when a man was allowed more wives than one, a middle-aged bachelor, who could be called neither young nor old, and whose hair was just beginning to turn gray, fell in love with two women at once, and married them both. The one was young and blooming, and wished her husband to appear as youthful as herself; the other was somewhat more advanced in age, and was anxious that her husband should appear a suitable match for her. So, the young one seized every opportunity of pulling out the good man's gray hairs, the old one was as industrious in plucking out every black hair she could find, till he found that, between one and the other, he had not a hair left.

Moral: He that submits his principles to the influences and caprices of opposite parties will end in having no principles at all.

Questions

1. A man married two young women
 1. True
 2. False
2. The young woman loved the black hair of the man and the old one the gray hair
 1. True
 2. False
3. The man was middle age
 1. True
 2. False