

## Increase Your Reading Speed: Reading Speed Test

Take any randomly selected text of 250 words and read from start to finish, noting the elapsed time on your watch.

The score yourself as follows:

|                         |                  |
|-------------------------|------------------|
| <b>Under 20 seconds</b> | <b>Very fast</b> |
| 21-30 seconds           | Fast             |
| 31-45 seconds           | Average          |
| 46-60 seconds           | Slow             |
| 61+ seconds             | Very slow        |

If you fall in the slow or very slow range, you may need to learn some strategies to help you increase your speed.

The relationship between reading speed and comprehension is paramount. Read too fast and you may comprehend less. Read too slow and you might fall behind in your readings. You need to find a speed that is comfortable to you and allows you to get through the readings within your given timeframe.

### Strategies to Increase your Speed

Here are several things you can do to increase your reading speed.

- During the first read through, try to grasp overall concepts rather than understanding all the details.
- Don't get hung up on single words, but DO look up key words that you must understand to grasp the entire concept.
- Use a pacer (e.g. kabob stick, ruler) to stop regression and guide your eyes forward.
- Focus your attention and concentration. Read for shorter periods of time, if that helps.
- Eliminate outside distractions (noise, email, etc).
- Work in an uncluttered, comfortable environment.

Modified from: Fry, R. (1994). *How to Study*. 3<sup>rd</sup> edition. Hawthorne, NJ: Career Press.