

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.

Then score yourself as follows:

Under 20 seconds	Very fast
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 for 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. Create a glossary of key words as you read.
- 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)
- Prepare an uncluttered, comfortable environment.

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