SPEEDING UP YOUR READING

by:
Rosario D. Calderon
Teacher I, Sabatan Elementary School

Fast readers have an advantage over slow ones. They get through their job more easily and can do so in several ways. They can understand more of what they read and enjoy it.

Some people, just out of habit, are slow readers. If you are one of these, try for a while to make yourself read faster. These alone may increase your speed and after you get used to it, you will not have to force yourself. Remember though that speed is not the most important thing in reading. Comprehension and appreciation are. It will be harmful to speed up reading if the result is a failure to understand and enjoy. It is casual which you should learn rapidly- the newspaper, the magazines, and many novels. However, if you have trouble concentrating or are trying to increase your speed, you may do better by the following guides.

Guides for efficient Reading:

1. Read in a good light; have another light in the same room; avoid glare from the page.

2. Sit in a firm upright chair if you tend to get sleepy.

3. Try to hold your book so that the top and the bottom of the page are about the same distance from your eyes, otherwise, the constant change of focus will tire them.

4. Rest your eyes every fifteen minutes or so, Close them in a few minutes or look at a distant object.
5. Concentrate Completely Remove or learn to ignore distraction. If possible, settle pressing problems ahead of time and read in a quiet place.

References:
