


Speed Reading Skills– 1 day		
<p>Course Objectives</p> <p>To introduce speed reading concepts to increase speed and comprehension rates whilst reading any material.</p> <p>Exercises</p> <p>This course is instructor led, involving the utilisation of examples and exercises in a workshop environment.</p> <p>The theory of speed reading is introduced through the course interspaced with a series of practical exercises which measure reading speed and comprehension throughout the day. Delegates experience the change in their own abilities during the day which can then be enhanced by going through a series of follow-up exercises that are provided as part of the course.</p>	<p>The History of Speed Reading</p> <ul style="list-style-type: none"> • The Different Methodologies <p>Identifying why we read the way we do</p> <ul style="list-style-type: none"> • Taught Methods • Natural Behaviour <p>Identifying problem reading methods</p> <ul style="list-style-type: none"> • Sub-vocalisation <p>Eye movement</p> <ul style="list-style-type: none"> • Gaining control • Pupil size • The Visual Cortex • Fixations • Regression <p>Environmental Factors</p> <ul style="list-style-type: none"> • Light placement and intensity • Physical comfort • Eye distance from material • Posture <p>Eye Guidance</p> <ul style="list-style-type: none"> • Using pointers <p>Meta Guiding</p> <ul style="list-style-type: none"> • Double Line Sweep • Variable Sweep • Backward Reading – The Reverse Sweep • Advanced Visual Guiding Movements <p>Skimming and Scanning</p> <ul style="list-style-type: none"> • Improving comprehension <p>The Metronome Method</p> <ul style="list-style-type: none"> • Using periodic timing to improve speed <p>Methods for Increased Concentration</p> <ul style="list-style-type: none"> • Mind focus techniques 	