Speed Reading
*Improve your rate of reading AND your comprehension.*

*To read efficiently, you should read phrases, not one word at a time.*

People who read one word at a time tend to lose track of the thought because it takes them so long to get through the sentence and because they pay attention to the separate words.

But people who read by phrases are able to grasp ideas quickly. Their speed of reading approaches their speed of thought.

**Other tips:**

- Get your body ready. Get off the couch; sit at a desk or table or stand up!
- Set a time limit and goal for how much reading you want to complete.
- Practice speed reading with simpler material at first. That way you can pay attention.
- Study the table of contents as if it is a road map to understand what is coming up next.
- Read the chapter title and subheadings first and then dive in.
- Eliminate the habit of pronouncing words as you read.
- Avoid re-reading passages. Use a card to cover passages already read.
- Develop a wider eye span.
- Adjust your reading rate based on the complexity of the subject.

Adapted from Virginia Tech’s Cook Counseling Center: [www.ucc.vt.edu/stdysk/readbook.html](http://www.ucc.vt.edu/stdysk/readbook.html), [www.ucc.vt.edu/stdysk/suggest.html](http://www.ucc.vt.edu/stdysk/suggest.html)

Visit ACE online for more tips at [http://www.housing.sc.edu/ace/](http://www.housing.sc.edu/ace/)