Improve Reading Speed

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The purpose of this section is to teach you how to increase your reading speed. Shortly we will be adding a section for reading BETTER as opposed to FASTER.
We all have a capacity for reading much faster than we typically do. Our reading speed changes as we go through life. When we are in high school, we go through about two hundred words a minute. We get to college and, because we have to read faster due to more time constraints and a much greater amount to read, we read faster.
Most people in college average about 400 words per minute. Then we get out of college, and now we don't have to read so fast. There are no longer time constraints, and we can read slow and easy. We find ourselves dropping back down to about 200 words per minute.
Think of reading like you do a muscle, the more you read, the better you get at it, the faster you're going to read. And we have a great capacity for reading faster. We aren't even scraping the surface of how fast we can read.
You see, we have 1,000,000,000,000,000 brain cells. In fact, the inner connections, the synapses, in our mind are virtually infinite. It has been estimated by a Russian scientist that the number of synapses we have would be one followed by 10 million kilometers of zeros.
Our physical capacity for reading is beyond our comprehension. Our visual unit has the capability to take in a full page of text in 1/20 of a second. If we could turn the pages fast enough, our brain could process it faster than our eyes can see it.
If we could turn those pages fast enough, our eyes have the capacity to read a standard book in six to twenty-five seconds depending on the length of the book. We could take in the entire Encyclopedia Britannica in one hour. So reading 700 - 1,000 words a minute is easily within our reach.
The key to improving our speed is to SIGHT READ, and that's what we are going to show you how to do.

We are going to start being pure sight readers. Obstacles get in our way, however. What do we mean by obstacles? Well, these are things that impede us from reading faster.
REGRESSIONS are the most wasteful. Regressions are going back over words. You can call it back-skipping if you want. You go back over words you previously read. People do it for two reasons. Initially we read it to clarify the meaning of what we're reading. We want to be sure of the words we read as we go along. It became easy to go back over words.
Regressions

Well, this not only slows you down, it causes you comprehension problems. For instance, let’s say you have a sentence, "The man jumped over the log." Well, if you back-skip, you read that passage like this: "The man jumped," "the man . . . jumped . . . over the log," "jumped over the log."
Our brain is used to processing our flaws, so the brain thinks, "OK, I know what this clown is saying, "The man jumped over the log." But this takes time to sort out. And it's confusing.

Think how much easier it would be if you simply took the sentence in one sight, "The man jumped over the log." Regressing or back-skipping is the most harmful thing we do to slow our reading speed.
Motor habits

Our second obstacle is that we have BAD HABITS that we pick up. Bad habits manifest themselves in a number of ways. For one, you've got people who have MOTOR habits as they read. These are the people who are tapping a pencil when they read, tapping a foot when they read, moving a book, flicking their hand, etc. If they're sitting next to you, they drive you nuts. But they are the people who have to be moving while they read.
Some may even move their lips. If they do that, they're kind of edging over into another bad habit where we find AUDITORY readers. This is the bad habit that we have that is the hardest to drop. Auditory reading is difficult to beat because we are used to reading and hearing the words in our minds. Some people even go so far as to mumble the words. You can see their lips moving sometimes, or you can even hear a guttural growl as they go through the words.
Fixations

FIXATIONS are the actual stops or pauses between eye-spans when the eye is moving to its next fixation point. We can't see while the eye moves so you do need the fixation points to see.

The problem is, most people fixate word by word. They stop their eyes on each separate word. The fixations slow you down because you are stopping on each word.
The problem that comes up is that, it impedes concentration and comprehension as well. The paradox with reading slowly is that it really hurts your concentration.

Research has shown a close relation between speed and understanding. It's been found that an increase in speed reading rate has also been paralleled by an increase in comprehension.
In this day and age, our brains are used to have constant stimulation. Television, radio, even people talking to you, provide constant stimulation.

So when we are reading along slowly and carefully, it's kind of like watching a movie and we encounter a slow motion scene. The slow motion scene is kind of interesting at first because the movie has been moving along at a rapid clip and now we have a change of pace.
Sight Read

After a while we get a little impatient and we're ready for the guy who got shot to hit the ground, or the couple who are running across the field to finally get to each other. We start thinking about other things...we've lost our focus on the movie.

The brain does the same thing when we read. The brain is getting all the stimulation it normally gets, then we hit this patch where you're reading slowly.
And boom, the brain says, "I don't like this. I think I'm going to start thinking about something else."

And the reader starts thinking about the date they had Saturday night or the date they hope to have Saturday night.

And therefore, you've got another impediment to comprehending the reading correctly.
Penutup

Kemampuan membaca atau kecepatan membaca dapat ditingkatkan dengan cara berlatih membaca secara teratur. Hilangkan kebiasaan buruk yang dapat mengurangi kemampuan anda dalam membaca.

Latihlah kecepatan membnaca secara teratur agar secara perlahan kecepatan anda meningkat.