

Strategies to help Develop Reading Speed

Research suggests that it is possible to increase reading speed and not at the expense of comprehension. However, as with all skills, this takes practice. Below are a few strategies which may help.

Strategy 1 – Eye Exercising.

Rather than 'seeing just a letter or even 1 word at a time, begin by looking at words in pairs, then develop this to see larger clusters of words. This not only speeds up reading but can help with comprehension as it is easier to gain the gist of a sentence.

Strategy 2 – Read on – avoid going back.

Avoid going back over words in a sentence as the context of the sentence can be useful in gaining understanding of a word and is faster than re-reading. (Do however make notes of words if you don't understand them at the end of your reading to look up / discuss later).

Strategy 3 - Pacing.

Use a ruler as a pointer. This helps keep your place, speeds up reading and to read at a steady pace. Again, avoid going back over words to improve flow.

Strategy 4 – Previewing.

Preview the text – note the title, subtitles & introductory sentences, look at any graphs or diagrams. Is there a conclusion to read which may summarise the text? This can give you a head start as to what the text is about before reading it in detail. This can help with reading quickly and with comprehension.

Strategy 5 – Skim and Scan.

Skim reading. If you know the information you are looking for this skill is helpful to find key pieces of information without having to read the entire text. Look for key words, names, numbers or short relevant sections.

Strategy 6 – Sub-Vocalizing words

Avoid pronouncing words while reading. (*You may have done this to learn new words and to help with spelling*). This can be challenging for all readers but will improve the speed you read at.

<https://www.speedreadinglounge.com/dyslexia-treatment-tips>