

Speed Reading Tips



Minimize Subvocalization

Subvocalization slows down reading; reducing it allows faster reading speeds. However, its complete elimination can hinder comprehension, especially for complex texts.



Use Peripheral Vision

Expand the perceptual span to take in more words during each fixation, reducing the number of saccades (eye jumps) and speeding up the reading process.



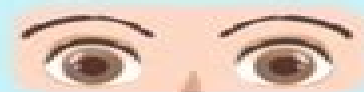
Practice Skimming

Skimming focuses on keywords and main ideas, enabling readers to navigate through large volumes of material quickly. It is particularly useful for tasks requiring only gist-level comprehension.



Expand Vocabulary

A broader vocabulary and better language skills reduce cognitive effort, enabling faster and more efficient reading.



Train Your Eye Movements

Reducing regressions (backtracking) and improving the efficiency of saccades leads to faster reading without sacrificing comprehension.

Source:

<https://www.educatorstechnology.com/2024/12/6-important-tips-to-improve-your-speed-reading.html>

Speed Reading In A Week

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Speed Reading In A Week:

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