

★ SESSION 2

HOW EFFICIENT IS YOUR READING?

The distinction between an efficient and an inefficient reader is so definite and clear-cut that we can graphically chart the differences in two contrasting columns. Think of your own reading habits and techniques as you examine the following chart. In which column do you most frequently see yourself mirrored? Take a pencil and check off your characteristics as you meet them.

THE INEFFICIENT READER

Reads slowly, generally 250 words a minute or less.

Check here if you think this applies to you.

Reads all material, of whatever type or difficulty, at an unvarying rate.

Reads word by word or, in extreme cases, syllable by syllable.

Makes many "regressions"—that is, *rereads* syllables, words, or phrases to assure himself that he has seen and understood them correctly.

THE EFFICIENT READER

Has a cruising rate of at least 400 to 500 words a minute.

Check here if you think this applies to you.

Varies his rate according to the type of material—goes faster on easier material, on narrative stretches, on paragraphs of supporting details, etc. Suits his speed to what he wants to get out of material.

Reads for ideas, is rarely conscious of individual words. Skims or skips unimportant words, paragraphs, sections, or even whole chapters.

Has few, if any, regressions—his perception is accurate, fast, dependable, and so nearly unconscious that he can concentrate on meaning rather than on separate words.

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