Good readers read different materials at different rates, depending on the difficulty of the material and their purpose. These suggestions can help you read more rapidly and more efficiently without losing comprehension.

WHAT TO AVOID:

♦ Pointing at each word as you read
♦ Focusing on individual words
♦ Regressing (looking back to previous words or lines)
♦ Moving your lips or your head

WHAT TO DO:

♦ Spend time reading
♦ Have a specific purpose in mind
♦ Concentrate
♦ Think actively while you read
♦ Read for ideas
♦ Phrase-read (that is, read two or three words at one stop of the eye)
♦ Sit up straight
♦ Prop your book at a 90° angle
♦ Practice often
♦ Have a positive attitude

If you would like additional suggestions on reading more efficiently, visit the Office of Academic Support, Seton Hall, 1st floor.