

# Speed Reading Strategies

Welcome to the Webinar!



**Instructor:**

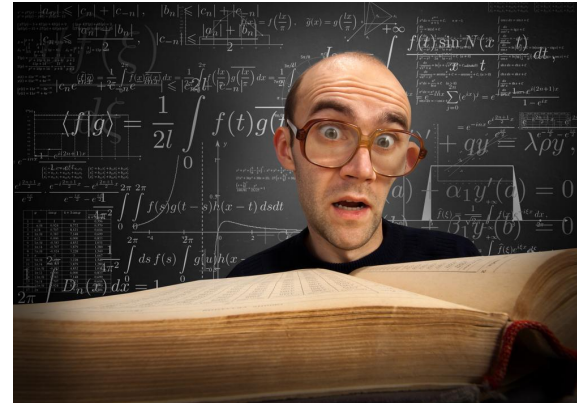
Paul Nowak | [paul@irisreading.com](mailto:paul@irisreading.com)

Founder | Iris Reading



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When was the last time  
you learned how to read?



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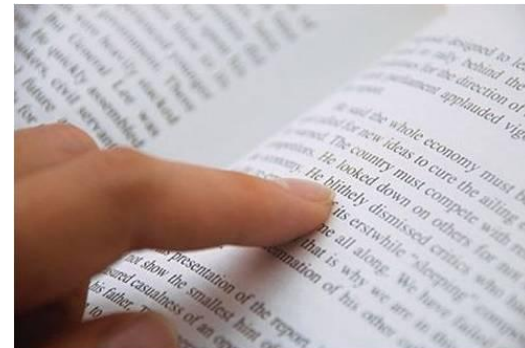
Do you easily “space out” while reading?



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Using Your Hand as a Guide

Improves Your Focus



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What if my textbook is on a digital device?



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Use AccelaReader.com  
for Digital Reading



**AccelaReader**

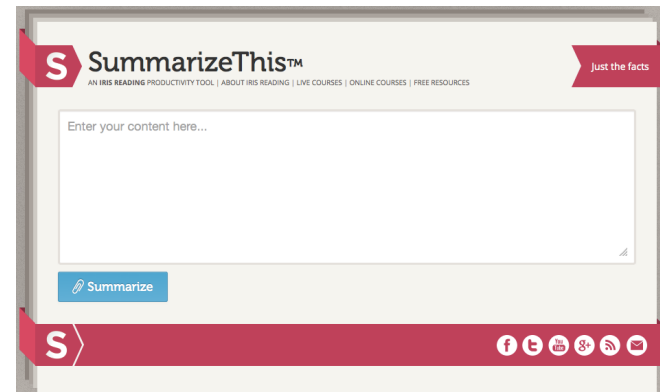
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What If You Don't Have Time To Read It?



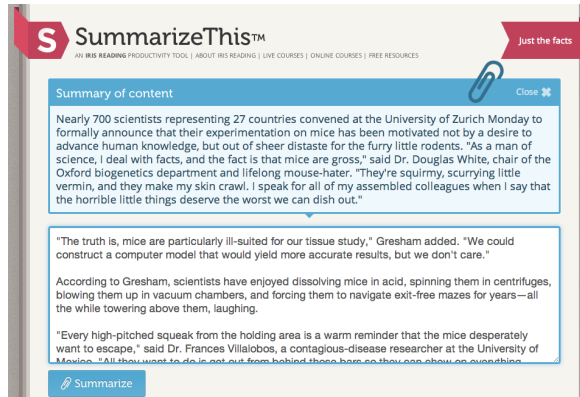
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To Summarize Digital Text



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Just the facts

Summary of content Close

Nearly 700 scientists representing 27 countries convened at the University of Zurich Monday to formally announce that their experimentation on mice has been motivated not by a desire to advance human knowledge, but out of sheer distaste for the furry little rodents. "As a man of science, I deal with facts, and the fact is that mice are gross," said Dr. Douglas White, chair of the Oxford biogenetics department and lifelong mouse-hater. "They're squirmy, scurrying little vermin, and they make my skin crawl. I speak for all of my assembled colleagues when I say that the horrible little things deserve the worst we can dish out."

"The truth is, mice are particularly ill-suited for our tissue study," Gresham added. "We could construct a computer model that would yield more accurate results, but we don't care."

According to Gresham, scientists have enjoyed dissolving mice in acid, spinning them in centrifuges, blowing them up in vacuum chambers, and forcing them to navigate exit-free mazes for years—all the while towering above them, laughing.

"Every high-pitched squeak from the holding area is a warm reminder that the mice desperately want to escape," said Dr. Frances Villalobos, a contagious-disease researcher at the University of Mexico. "All those squeaks are just a prelude to the horrible things we can do to them when we can't get them to do what we want."

Summarize

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## Adjust Your Reading Speed



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## Adjust Your Reading Speed

Slow down on the first sentence,  
then speed up a little after the first sentence



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## The Deadline Strategy



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## The Deadline Strategy

Measure: How long does it take to read 1 page?  
Now try to beat that time



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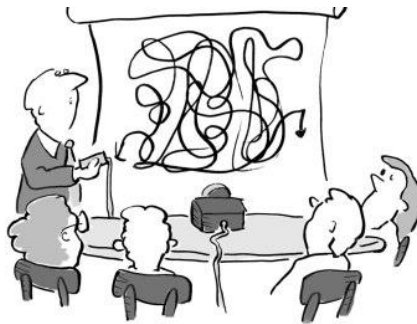
## The Deadline Strategy

*"What gets measured, gets managed."*  
-Peter Drucker, Business Management Guru



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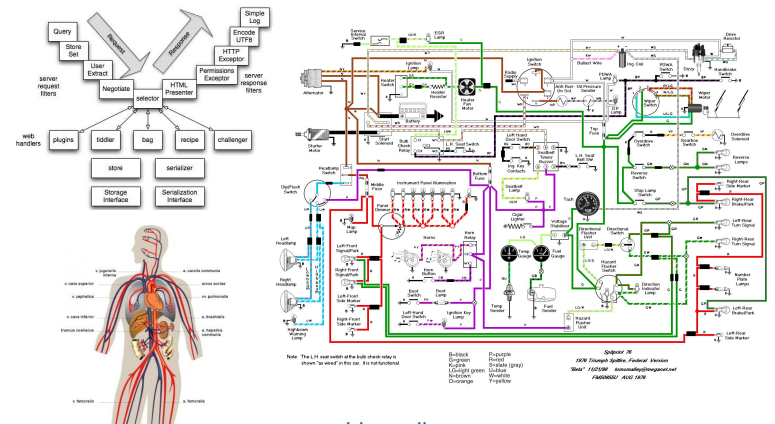
## How To Deal with Diagrams, Charts, Formulas, etc.



*"WHOOPS. THAT'S UPSIDE DOWN."*

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## How To Deal with Diagrams, Charts, Formulas, etc.



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## Dealing with Footnotes

misses. But at least I can try to clear myself of the charge Taylor levels at “theories of Enlightenment materialist utilitarianism.” Such theories, Taylor says, “have two sides – a reductive ontology and a moral impetus.”<sup>33</sup> Like Dewey, I am trying to keep the moral impetus while discarding the ontology (any ontology, reductive or otherwise).<sup>34</sup> I hope that this essay has shown that, whatever the other defects of my philosophical position, I am not someone who, as Taylor puts it, “allows epistemology to command ontology.”<sup>35</sup>

<sup>31</sup> Taylor, *Sources of the Self*, 347.    <sup>32</sup> See *ibid.*, 66–7.    <sup>33</sup> *Ibid.*, 337.

<sup>34</sup> Even the neutral monist ontology of “experience” that Dewey developed in *Experience and Nature*.

<sup>35</sup> Taylor, “Rorty in the Epistemological Tradition,” 264.

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## Dealing with Footnotes

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<sup>1</sup> Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut purus elit, vestibulum ut, placerat ac, adipiscing vitae, felis. Curabitur dictum gravida mauris. Nam arcu libero, nonummy eget, consectetur id, vulputate a, magna. Donec vehicula augue eu neque. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Mauris ut leo. Cras viverra metus rhoncus sem. Nulla et lectus vestibulum urna fringilla ultrices. Phasellus eu tellus sit amet tortor gravida placerat. Integer sapien est, iaculis in, pretium quis, viverra ac, nunc. Praesent eget sem vel leo ultrices bibendum. Aenean faucibus. Morbi dolor nulla, malesuada eu, pulvinar at, mollis ac, nulla. Curabitur auctor semper nulla. Donec varius orci eget risus. Duis nibh mi, congue eu, accumsan eleifend, sagittis quis, diam. Duis eget orci sit amet orci dignissim rutrum.

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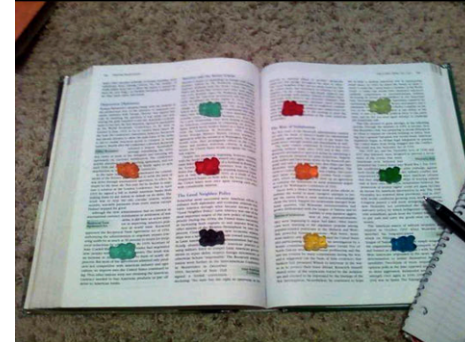
## The Note-Taking Problem



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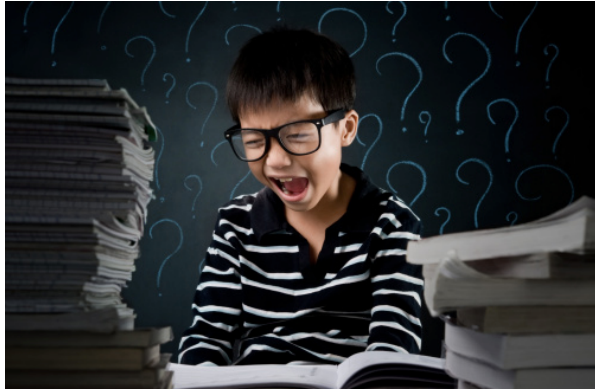
## When Should I Take Notes?

STUDYING INCENTIVE: WHEN YOU REACH A GUMMY BEAR, YOU GET TO EAT IT. I'VE BEEN STUDYING WRONG MY WHOLE LIFE.



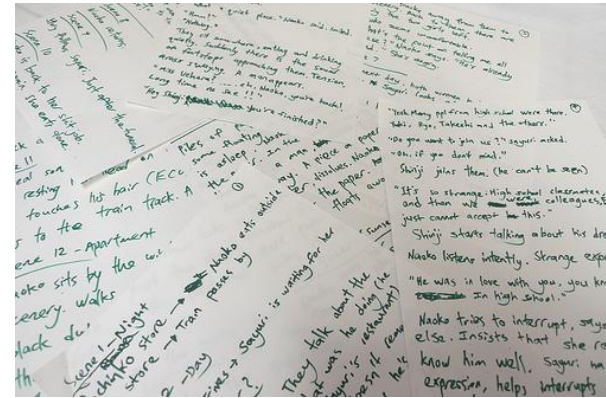
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## How Should I Take Notes?



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## How NOT To Take Notes



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## Highlighting

Good

**4 How Courts Are Administered**

Although the federal courts carry out their business independently of one another, they are all a part of one judicial system. Effective administration of the entire system is necessary to meet the needs of the people.

**Principal Judges**

Federal judges are the most visible members of the judicial system. They are expected to have a high level of legal expertise and a strong understanding of the constitution, especially the One Hundred and Twenty-first Amendment.

**SELECTION**

The Constitution says in Article III, Section 2 that the President "shall nominate, and by and with the consent of the Senate shall appoint, judges of the Supreme Court." Congress has the power to fix the number of federal judges serving as circuit judges.

The President makes judicial appointments only after consultation with the Senate Judiciary Committee, which is the primary body that makes recommendations to the President. Candidates are usually lawyers who have been selected by a judicial commission established in 1962 by the Senate Judiciary Committee. This commission is called the Judicial Nominating Commission. It is a federal agency that is responsible for recommending to the President a list of potential candidates for each of the federal judgeships that the President may wish to fill.

**TERMS**

Judges are appointed for life terms. They can be removed from their positions only after consultation with the Senate Judiciary Committee. For eleven years after their appointment, they are not eligible for reappointment. After that time, they may be reappointed. Congress has the power to limit the number of terms a judge can serve. The Supreme Court Justices serve for life terms. The Justices are generally not reappointed to public offices after their terms.

**SALARIES**

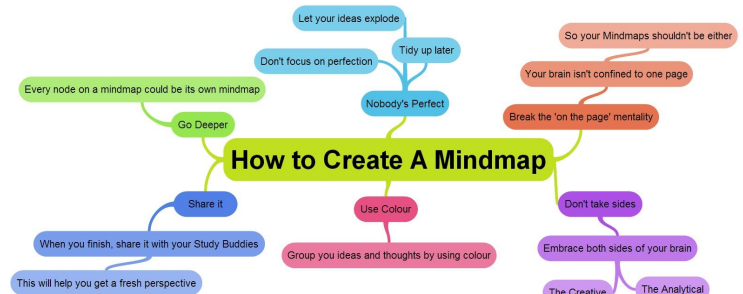
Although Congress cannot limit the salaries of individual judges, it can limit the maximum salary a judge should be paid. Today, the salaries of federal judges are set by law.



Bad

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## How Should I Take Notes? Option #1: Mind Mapping



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## How Should I Take Notes? Option #2: Outlines

### ORIGINS OF AGRICULTURE

#### I. AGRICULTURE COMPARED TO HUNTING-GATHERING

- A. Advantages of Agriculture
1. More efficient use of land
    - a. agriculture: 1 sq km supports 50 people
    - b. hunting-gathering: 25-30 sq km support 5-6 people
  2. More stable food source through year (with storage)
  3. More free time in non-critical seasons
- B. Disadvantages of Agriculture
1. Malnourishment
    - a. farmers often deficient in protein
    2. Labor intensive in critical seasons
    3. High risk, if crops/herds fail

#### II. IDENTIFYING DOMESTICATES IN ARCHAEOLOGICAL RECORD

- A. Plants
1. Seeds are bigger in size
    - a. example: legume to maize
    - b. example: domesticated sunflower is at least 5 mm
  2. Seed coats are thicker
  3. Found outside natural range of distribution
- B. Animals
1. Horns change in morphology
    - a. example: sheep
  2. Body size changes
  3. Changes in coat or fur
  4. Age-sex distributions in skeletal collections
    - a. few old males
    - b. many slaughtered young males
    - c. many old females
  5. Found outside natural range of distribution

## How Should I Take Notes? Option #3: Notes in the Margin

One of the most famous events in early Greek history is the Trojan War. The war is well-known for its length, legendary players, and the Trojan horse, but many may not be familiar with the reason for its inception. Steeped in Greek Mythology, the Trojan War is said to have begun at the wedding of Peleus, the King of Thessaly, and Thetis, a sea nymph. The wedding celebration was held in Troy and almost all the gods and goddesses were in attendance. One goddess, however, had been left off the guest list. Eris, goddess of discord, was not invited due to her penchant for causing conflict wherever she went.

War started at wedding

Eris wanted revenge and decided to start a fight at the wedding. She marked an apple "for the most beautiful" and tossed it into the middle of the banquet hall where all the gods and goddesses were celebrating the marriage of Peleus and Thetis. Once the goddesses spotted the apple, they began to quarrel over which one of them should possess it and hold the title of most beautiful. After much argument, they narrowed it down to Hera, Athena, and Aphrodite. Paris, the prince of Troy, was said to be a good judge of beauty and was given the job of choosing the winner. Each goddess fervently tried to bribe Paris in order to win the golden apple.

Eris not invited, revenge

Threw "most beautiful" apple.

Hera promised Paris land and kingdoms. Athena promised him victory in war and everlasting fame. Aphrodite offered Paris the mortal Helen, daughter of Zeus, in order to persuade Paris to give her the golden apple and the title of most beautiful. Paris could not refuse her offer. He was anxious to claim Helen and set upon his journey to Sparta.

Paris chose Aphrodite's side, promised Helen.

Helen was already married to the King Menelaus of Sparta but Paris stayed with Helen and her husband as a guest. When Paris left Sparta, he outaged the King by taking Helen with him. The King gathered his army and set out to declare war on Troy to reclaim his wife from Paris.

War started

## Remember: Repetition Helps You Remember

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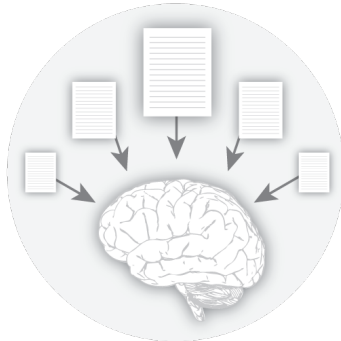
## How Do Songs Get Stuck in Your Head?



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## To Remember Technical Material You Need REPETITION

Note-Taking is a Form of Repetition



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## The Read & Recall Strategy



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## Remember: Repetition Helps You Remember

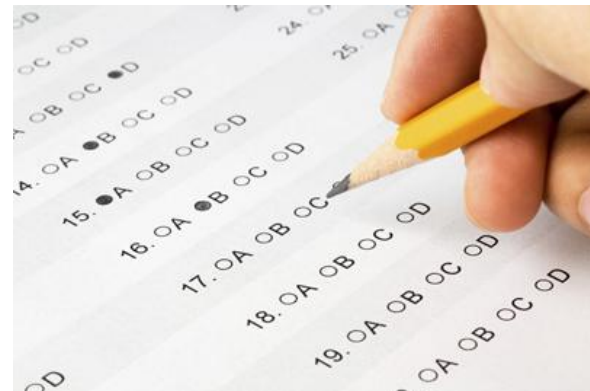
Try the “Read & Recall Exercise” to Improve Retention

1. Read a paragraph
2. Take a quick note (a keyword or phrase)
3. Repeat

Try doing this for 15 minutes a day, 2 weeks

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## Reading Strategies for Tests (ACT or SAT)



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## How To Deal with Technical Terms

**Abstract** Information = harder to remember

**Visual** Information = easy to remember

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## How To Deal with Technical Terms

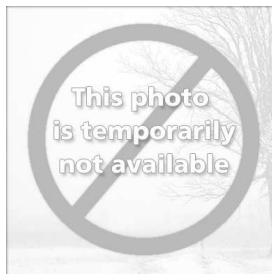
Easy to Remember



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## How To Deal with Technical Terms

Technical Term: *conterminous*  
(Hard to Remember)

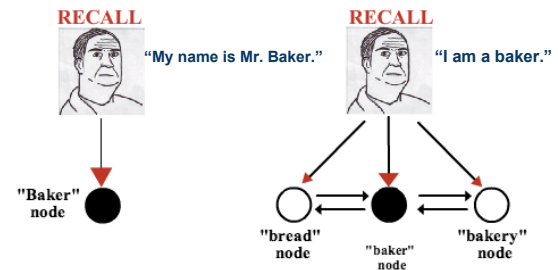


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## How To Deal with Technical Terms

Abstract vs. Visual

“The Baker / Baker Paradox”



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## How To Deal with Technical Terms

### The “Similar Sound” Technique

Helps You Remember the Meaning  
of a Technical Word  
By Linking the Meaning to a Visualization

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## How To Deal with Technical Terms

### The “Similar Sound” Technique

Basic Examples:

"Salary" sounds like "celery"  
"Freedom" sounds like "fried ham"  
"Happiness" sounds like "happy nest"

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## How To Deal with Technical Terms

### The “Similar Sound” Technique

Acronym Examples:

"KAJ" sounds like "cage"  
"ROX" sounds like "rocks"  
"ZYL" sounds like "seal"  
"XAC" sounds like "sack"

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## How To Deal with Technical Terms

The "Similar Sound" Technique

Example:

"Claustrophobia"

Definition:

The fear of closed spaces

But you already knew that...

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## How To Deal with Technical Terms

### **Claustrophobia**

Santa Clause + Phobia =  
Santa Clause has a fear of tight chimneys



## How To Deal with Technical Terms

### The "Similar Sound" Technique

Belonephobia

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## How To Deal with Technical Terms

### The "Similar Sound" Technique

### **Belonephobia**

The Fear of Needles

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## How To Deal with Technical Terms

### The "Similar Sound" Technique

### **Belonephobia**

The Fear of Needles

"The **balloon** is afraid of needles"

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## How To Deal with Technical Terms

### The "Similar Sound" Technique

Anthrophobia

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## How To Deal with Technical Terms

### The "Similar Sound" Technique

**Anthrophobia**

The Fear of People

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## How To Deal with Technical Terms

### The "Similar Sound" Technique

Anthrophobia

(**ant** - thro - phobia)

The Fear of People

OR

“The **ant** is afraid of people stepping on it.”

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## How To Deal with Technical Terms

The “Similar Sound” Technique

Helps you...

- Deal with technical terms
- Learn abstract Information

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## Remember: Images Are Easy To Remember

So if you have a technical term, turn it into an image



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## Reading Problem: “What did I just read?”



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## How To Avoid Re-Reading

Try Re-Reading Strategically



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## Reading for Long Periods of Time?

Try the “25-5” Strategy

Read for **25 minutes**

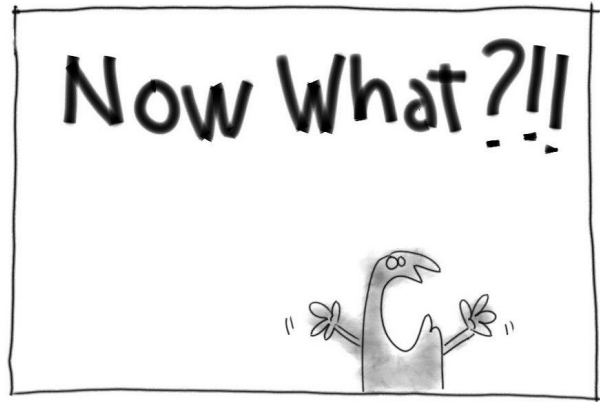
Break for **5 minutes**

\*Or take notes for 5 minutes

Then Repeat...

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## Done Reading Your Chapter?



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## After You Finish Reading

1. Re-read any sections that you didn't understand
- 2.
- 3.



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## After You Finish Reading

1. Re-read any sections that you didn't understand
2. **Re-read headings, sub-headings, bold-faced words**
- 3.



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## After You Finish Reading

1. Re-read any sections that you didn't understand
2. Re-read headings, sub-headings, bold-faced words
3. **If you need to memorize anything, do this now**



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## Quick Test...

Can you remember the definitions of the phobias we covered?

- Belonephobia
- Anthrophobia

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## Quick Test...

Can you remember the definitions of the phobias we covered?

- **Belonephobia**: fear of needles
- **Anthrophobia**: fear of people

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## Congratulations!



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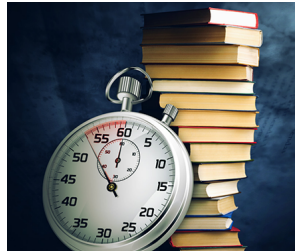
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**Memory Improvement Course**



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Comprehension Course  
**Mind Mapping Course**



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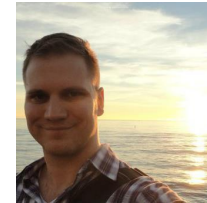
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Twitter: [twitter.com/paul\\_nowak](https://twitter.com/paul_nowak)



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