

5.3 Reading

Timed reading

Focus: *becoming faster at reading.*

1. How can you become faster at reading? Practice certainly helps, and you will get lots of this at school.
2. How do you know that you are getting faster?
You can time yourself!
3. Select one of your textbooks. Pick two pages that you haven't read yet. Time yourself (do you know that you can do this on a mobile phone?). Set the timer for one minute. (Or two minutes if this is your first time trying this exercise.)
4. Start reading at the beginning of the text and continue reading at your normal speed. Stop when the minute is over. Think and try to recall what you have read.
5. Count the total number of words that you read in the time given, and calculate your reading speed in words per minute.
6. Keep a record of the time and do this exercise at regular intervals. You should notice a gradual improvement.



Date	Time spent	Pages read	Pages/words per minute

***Remember – different tasks require different reading skills.
Tiredness, a noisy environment, and a different text type can also affect things.***