

LOGO of the PROJECT

UNEX Improving Reading Practices



Title: Fast reading

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Title: Reading with a pointer with metronome

Keywords: #fast reading, #regression, #articulation

Duration: The duration increases progressively, as does the pointer's movement speed. **10-15 min**

Description:

Reading speed is highly dependent on 5 major factors.

1. **Articulation** or movements of the speech apparatus (vocal or silent) – are movements of the lips, tongue, in some cases jaws. In addition to the external signs, there is an internal monologue associated with the pronunciation of words in mind. The roots are in the way we all learned to read aloud, at the beginning - syllables, then words.
2. **The regression** or reversing moves of the eyes when reading. An unconscious act in which some people read the same words or fragments of them several times.
3. **Peripheral vision** or a small spot of clear vision. The field of peripheral vision without special exercises is relatively small and sees 8-12 characters, while after such exercises it expands to 2-3 times, and at the same time they are immediately perceived.
4. **Low attention span** - this is a dilemma: poor attention span is the cause of slow reading or vice versa? This is one of the proofs of why it is inherently natural for a person to perceive information and accordingly read quickly. The brain works much faster than a human reads. The problem with the brain is that you can't "pause" it. When brain understands the information supplied by the eyes, brain needs to do something so that it can constantly be in working order and at that moment it can concentrate.
5. **Lack of plan** - in fact, this reason is much broader, in the first place is the lack of a plan for reading, in the second place, clear goals, and in the third place - different methods of memorization. And most importantly, different reading strategies. In fact, reading a historical or geographical book is different than reading fiction.

Objectives:

1. Improving reading speed without suffering comprehension.
2. Improve visual memory.
3. Restriction of reading regression.

Activity(ies) (Stages):

Warm-up: Motivation and concentration are very important, you can use any exercise - such as drawing with two hands or asymmetric gymnastics to warm up both halves of the brain.

Main activity: The exercise is individual, aimed at improving the speed of reading and limiting the consequences of articulation, student reads personally selected book or text. Reading is facilitated by sliding a pencil or pointer horizontally following the text, without reversing or stopping. When



reading, the tongue is between the teeth and air is emitted along it, resulting in a characteristic hum (buxx, hum). During reading use a metronome tuned to 60 beats per minute. One page of text usually has approximately the same number of words. Detecting reading time is an easily controlled indicator of progress that can easily serve as additional motivation. A special slider with a window attached to the pointer or a pencil can also be used to prevent backlash. The size of the window with increasing speed of reading should be increased, especially if you are also doing exercises to increase the field of view of the peripheral vision.

Student feedback - (5 minutes) !!! Speed, difficulties

Tips for trainers

It is advisable, before starting the reading acceleration program, to check the starting reading speed by using a text approved by the education authorities concerned and record the number of words read in a minute. Encourage your children to keep a diary in which to mark all times and numbers according to different exercises.

List of resources, materials etc.

Student's favorite book. Pointer or pencil (can be with slider with window), stopwatch. Results log. Metronome (can also be used online app <https://www.musicca.com/metronome> or similar).

Evaluation/Feedback

Personal on a weekly basis with the tutor in charge of the short questionnaire.