

LOGO of the PROJECT

UNEX Improving Reading Practices



Title: Fast reading

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Title: Schulte Tables

Keywords: #fast reading, # peripheral vision

Duration: 4-6 min for the main exercise, it is good to use in combination with others

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. **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. Improve reading speed.
2. Improve visual memory.
3. Development of peripheral vision.

Activity(ies) (Stages):

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

As already mentioned, peripheral vision is the second most important factor on which reading speed depends. The larger the spot of clear vision is, the higher is the reading speed. The brain has

significantly more capacity than vision can provide. The expansion of the spot will give the brain more information that can be processed and remembered.

The table is a 3x3, 5x5 and more table with squares in which the numbers 1 to 9, 1-25, letters are written in a shuffled order. In addition to numbers, letters can be used, but then there is a limit depending on the alphabet used. The student should concentrate his vision in the center of the square and with his peripheral vision find a sequence (ascending or descending) of numbers or letters. The distance to the table should be 3-4 times the length of the side of the square. In the process of training, eye movement will decrease and, over time, the spot of clear vision will become larger. Using a translucent mirror will help you keep track of eye movements and create the right habits for students, and this will, over time, significantly increase the spot of clear vision.

Schulte color tables can be an additional challenge for students, that's why the Rainbow Exercise is also included in the warm-up exercises, where the names of different colors are written on a piece of paper in rows. During the exercise, the written color should be said, not the color the word is written — (Example in the Annexes)

Student feedback - (5 minutes) !!! Difficulties in what?

Tips for trainers

Turn on a metronome at 60 or higher tempo. It is important that the eyes do not move - you can use a translucent mirror, especially in the beginning, to help students master the technique correctly. Encourage your students to keep a diary. It is a good idea to perform the exercises for speeding up and expanding the field of peripheral vision sequentially in different order. It is important that students honestly record the results achieved.

List of resources, materials etc.

The Shulte tables of different size(complexity) (samples in the Annexes), but can be prepared by the teachers themselves. Metronome. Stopwatch. Log book. Translucent mirror.

Evaluation/Feedback

After each exercise.