

# Ron White's *Speed Reading*

I want to congratulate you on your goal of learning to read faster. The statistics speak for themselves; the faster a person reads the more books they will read and eventually the more money they will make over the course of their lives. This is what the statistics tell us. Therefore, I want to encourage you not only to nurture your desire to read, but also your desire to read faster.

The program you hold in your hands is an extremely comprehensive program on speed reading. It will cover everything from the very basics of speed reading to building your vocabulary and remembering what you read. The goal is not to simply read faster--the goal is to read faster coupled with retaining what you are reading.

This is a program that you will want to go back and review for the maximum benefit. You most certainly will want to practice your speed reading skills as often as possible to keep your reading speed at its maximum.

I look forward to working with you as you learn this new skill and embark on the exciting adventure of knowledge.

Successfully,

Ron White



## The Four Levels of Learning

- Unconscious Incompetence
- Conscious Incompetence
- Conscious Competence
- Unconscious Competence

## Three Main Factors in Improving Reading Speed

- Desire to Improve
- Willingness to Try New Techniques
- Motivation to Practice



# TEST

## Calculating Your Reading Speed

Number of Words Per Ten Lines \_\_\_\_\_

Words Per Line (divide previous number by ten) \_\_\_\_\_

Number of Lines Per Page \_\_\_\_\_

Word Count Per Page  
Words Per Line \* Number of Lines Per Page \_\_\_\_\_

Number of Full Pages Read \_\_\_\_\_

Number of Words Read  
Word Count Per Page \* Full Pages Read \_\_\_\_\_

Lines Read on Last Page \_\_\_\_\_

Words Read on Last Page  
Lines Read \* Words Per Line \_\_\_\_\_

Total words Read  
Number Words Read + Words Read Last Page \_\_\_\_\_

Reading Speed  
Total Words Read / 10 \_\_\_\_\_

## Reading Speed Chart

**100-200 words per minute** is a below average reading speed for adults. This is the average reading speed for children from 6-12 years old and the comprehension level is still pretty low but a step up from the most basic reading level.

**200-250 words per minute** is the average adult reading speed. If you are in this block you should feel good about that. This is the stage that most adults stay at for their entire lives. At this reading speed the comprehension is good. You will retain perhaps fifty percent of what you read at this speed

**250-350 words per minute** reading speed is a slightly above average reading speed. This speed is common with college students or individuals who are excited about what they are reading. The comprehension is a little above fifty percent.

**350-500 words per minute** is a strong reading speed. This is very good and it is obvious that you are a seasoned reader with a lot of practice and enjoy reading. The comprehension level is also relatively high

**500-800 words per minute** is excellent. This reading speed is a great target reading speed for most people. You can read at this level without speed reading drills and you have a very high comprehension. (Perhaps as much as 75% of what you just read.)

## Reading Speed Chart (cont'd.)

**800-1,000 words per minute** is outstanding! This level is the highest level of reading speed. At this level you have obviously practiced speed reading and are regularly using the drills to keep your speed and comprehension level up.

If you are reading **1,000 – 1,200 words per minute** – I might ask you why you are not participating in some speed reading competitions. If you are able to read at this level with high comprehension that is nothing short of remarkable. It is a level that most never obtain.

If you are reading **above 1,200 words per minute** – the odds are that you are not retaining what you read. You are most likely skipping phrases and thoughts and the comprehension level is going to be very low.

### *Note: Visual Regression*

Visual regression is when you go back and read the same words over and over again. It looks like this:

The  
The boy  
The boy threw  
The boy threw the  
The boy threw the football.















## **The Five Levels of Speed Reading Techniques**

1. Overall Concept – Skim cover of book & Table of Contents
2. Preview – Read each page rapidly (4-5 seconds per page)
3. Read – Speed read book with your reading techniques
4. Post Read – Make sure your initial questions were answered
5. Review – Review book rapidly once a month or week

## **Memory Training Techniques**

The three things you need to memorize anything are:

1. Location
2. Code
3. Action

## House Files


### The Questions You Ask Yourself When You Read Are:

- Who
- What
- When
- Where
- Why
- How

## Calculating Your Reading Speed Part II

Number of Words Per Ten Lines \_\_\_\_\_

Words Per Line (divide previous number by ten) \_\_\_\_\_

Number of Lines Per Page \_\_\_\_\_

Word Count Per Page  
Words Per Line \* Number of Lines Per Page \_\_\_\_\_

Number of Full Pages Read \_\_\_\_\_

Number of Words Read  
Word Count Per Page \* Full Pages Read \_\_\_\_\_

Lines Read on Last Page \_\_\_\_\_

Words Read on Last Page  
Lines Read \* Words Per Line \_\_\_\_\_

Total words Read  
Number Words Read + Words Read Last Page \_\_\_\_\_

Reading Speed  
Total Words Read / 10 \_\_\_\_\_