As college students, we are required to do a lot of reading whether it is for school assignments, flipping through our favorite magazines, or even browsing the internet. Reading is an essential skill that most of us take for granted. By understanding how we read and fixing our poor reading habits that slow us down, we can increase our free time and better comprehend the bigger picture of the material.

**Tips!**

- Practice, practice, practice!
- Start with easier materials
- Speed read appropriately. E.g. contracts should be read carefully!!

**Poor Reading Habits**

1. **Sub-Vocalization.** The habit of pronouncing each word in your head as you read it. This process takes more time than necessary because your eye can scan and process it to the brain faster than saying it.

2. **Reading Word-by-Word.** This will slow you down and lead you to miss the overall concept. Instead, try reading blocks of 2-5 words together. You will read faster and understand the material by linking words together.

3. **Inefficient Eye Motion.** Slow readers focus on each word, but your eye can actually span about 1.5 inches at a time, seeing 4 to 5 words. Also, use peripheral vision to see words at the end of the line. Relax and expand your gaze.

4. **Regression.** Try not to re-read unless it is absolutely necessary. This breaks the flow and structure of the text, as well as your overall understanding actually decreases. Prevent this by using a pointer to guide your eyes.

5. **Poor Concentration.** Read in an environment where distractions are kept to a minimum and do not try to multi-task.

For more information, visit:  
http://www.mindtools.com/speedrd.html  
http://www.wikihow.com/Learn-Speed-Reading

"The more that you read, the more things you will know. The more that you learn, the more places you’ll go."
- Dr. Seuss

"You can never get a cup of tea large enough or a book long enough to suit me."
- C.S. Lewis

"Reading gives us someplace to go when we have to stay where we are."
- Mason Cooley