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Annotation: *As we approach the start of the 21st century, we are undergoing a major revolution in information. Access to information is made easy by the many journals and magazines available on a multitude of subjects. In addition, there is a wealth of information on the world wide web (the Internet) which is available for access by all users. You can find information on almost any subject, common or obscure. Many search engines make it easy to find the information you want. It is up to you however, to find the exact information that suits your needs.*

Key words: *speed reading, sub-vocalization, word-by-word reading, regression*

While information availability and access is increasing, most people find that they have less time available to read the material they are required to, or are interested in. In many cases, magazines and books lie on shelves waiting their turn to be read. You have to choose the material that you read in finer detail, at the expense of material that you would have liked to read if you had the time. Speed reading will allow you to read more materials in the same time that you spend reading now. Thus, it allows you more time to read the materials that you want to. As your speed reading skills improve, you will also train yourself to focus in on important details within the reading material. You will begin to retain more of the material that you read, and also find time to continue doing the things that were preventing you from reading more in the past.

Factors contributing to reduced reading rates? Some of the factors which contribute to a reduced reading rate are:

- (a) Faulty eye movements, inaccuracy in placement of the eye while reading.
- (b) Regression, or the re-reading of material already read.
- (c) Limited perception span leading to word-by-word reading.
- (d) Vocalization, the process of putting sounds to words you read.
- (e) The false belief that slow reading leads to better comprehension.
- (f) Poor evaluation regarding the relevant parts of the reading material.
- (g) Lack of concentration.

All speed reading techniques have one thing in common: you avoid pronouncing and "hearing" each word in your head as you read it, a process known as "sub-vocalization." Instead, you "skim" lines or groups of words, as you can understand words more quickly than you can say them. One way to stop yourself from sub-vocalizing is to focus on blocks of words rather than on individual ones. Do this by relaxing your face and "softening" or expanding your gaze on the page, so that you stop seeing words as single, distinct units. As

you practice this, your eyes will skip faster across the page. Then, when you approach the end of a line, allow your peripheral vision to take your eye to the final set of words. This will help to stop pauses in your reading (often at full points), meaning that you scan across and down to the next line more quickly. You may be among the many readers who are limited by their current vocabulary. This in turn limits your reading speed. When you come across an unfamiliar word, there is little choice, but to consult a dictionary. Many readers however just skip the word and continue reading, thus compromising their understanding of the material. By doing so, they lose the chance of learning a word and placing it in permanent memory by relating it to the context in which they were reading it. One of the best methods of improving your vocabulary is to relate a new word to the context in which you came across it. In speedreading, readers may read passages that are available both in the printed media and electronic and learn how they view the words in the text they are reading. By so doing, readers will experience how their brain processes information. The activities of fluency reading must include a speed-reading course.

Meanwhile, some factors affect speedreading, including readers' reading purposes and the text difficulty level. Some techniques can improve speedreading. They are; 1) Pre-reading: in this stage, readers need to set their reading goals and areas of interest; 2) Widen the vision span: readers should widen their vision to several words in the text (not a word per word); 3) Avoid vocalization: reading with vocalization will cause less concentration, focus, and comprehension the information in a text; 4) Read the main idea: the readers are getting the gist of what the author's mean and the main idea; 5) Use the eye swap: to increase the speedreading, readers need to swap the text with reading line go to the next line using eye swap; 6) Resist regression: readers no need to reread the previous sentence to ensure that they comprehend or not the sentences they have been read; 7) Vary the reading rate: in this stage, readers need to know when to slow down and when to speed up. To overcome the difficulties in comprehending texts, readers must have the ability to read 250words per minute(wpm).

It is that the goal of second language learners who are experiencing unknown grammar and vocabulary in a text is around 250 wpm. To be able to perform speedreading, the techniques such as; 1) previewing the main idea-this technique aims to help the reader to be a fast reader;2) reading for the meaning-a good reader would read the text and look for meaning.

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