



## 1-Hour Speedreading Exercise Plan

**Tips:**

- If you are stressed, or the assignment looms larger in your mind than God, worship before you study! Remember that He is delighted in your discovery and study, watching to see how you process what you read. (from Veronica Karaman’s *Behold Your Teacher* workshop)
- Choose a comfortable, quiet place where you won’t be disturbed.
- You will need a highlighter and a timer.

Step	Time	Activity	Total
1	2 minutes	Prayer Do several deep, controlled breaths if you’re still feeling stressed.	:02
2	2 minute	Skim the chapter (or section of the chapter) for familiarity of section to be read, only giving each page about 2-3 seconds. <ul style="list-style-type: none"> <li>▪ Watch for subject headings, charts, bold text, or anything that looks important.</li> </ul>	:04
3	6 minutes	Do the 3-2-1 Speed Drill, using fresh material for each stage, but trying to speedread as much material in the 2-minute and one-minute stages that you did in the 3-minute stage.	:10
4	3 minutes	Create a slash tree of anything you know is in this section. Jot down questions. What do you think the author will say?	:13
5	20 minutes	Speedread the material, using the “hop method.” <ul style="list-style-type: none"> <li>▪ Make margin dots by material you think will be important.</li> <li>▪ Push yourself as you read, but make sure you’re comprehending.</li> <li>▪ Read as if you have to teach this material to someone (tip from Dr. Bruce Winston).</li> <li>▪ When you know that you understand the paragraph completely, jump to the next, even if you’ve not read every word.</li> </ul>	:33
6	4 minutes	Review your margin dots. Highlight just the words you need to capture the thoughts for the dots that were important.	:37
7	20 minutes	Repeat Step 5.	:57
8	4 minutes	Repeat Step 6.	:61

As after any reading session, recite the main points of what you’ve read.

- Turn the main points into a mnemonic device. Write your mnemonic in the margin of your text, or in a notebook.
- If the topic is one you expect to refer back to in future research, type up notes on key thoughts, with page citations. If you use a PDA, enter these notes into your PDA to facilitate review.