

Przeczytaj poniższy tekst i zapoznaj się ze zdaniami (1.-5.) podanymi poniżej. Wskaż zakończenie zdania zgodne z treścią tekstu, zakreślając jedną literę A, B, C lub D. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

Speed Reading

Speed reading is very important in today's business and academic world, with all the information that the Internet offers and the many reading tasks managers or students have to do. There is really no choice but to try and read faster and faster! In the last forty years, there has been an explosion of information. We are living the information revolution and that means that a lot of young professionals have to work hard to sort this information and make good use of it. Most of the people who attend speed reading courses and classes have some kind of problem, or believe they have some kind of problem, with their reading. Here are a few of these potential problems.

Lots of people either can't concentrate or only partly concentrate. This can be caused by the effects of their environment on their reading rhythm. This problem is one of the basic speed reading problems and most courses teach people how to avoid it.

Poor eye movement may cause some readers to move their eyes away from the text and then go back to the book or paper. This process takes time and slows their reading down. This problem is also do with the subject - there will be a lot of

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because of poor mechanical skills.

Some people can't pay attention to what they're reading - they start well but begin to slow down as they read on. This kind of problem typically creates the need to go back to reread some lines over and over again, or the need to read the same sentence a couple of times because you don't understand or forget what you have read.

Reading by heart, when a person reads to himself (either reading the words quietly or out loud), can also cause problems because speed reading is much faster than talking.

Another problem is that lots of people want to remember every single word they read. This also slows the reading process down.

So, what can you do to read faster? You should try to eliminate some of these problems. Here are a few tips.

Think of reading as a 'pick and choose' activity, where you can choose to read the words and phrases that are very important for understanding the text and skip those that are not so important. Try to filter out all the words that have nothing to do with the subject - there will be a lot of

them! All the connecting words, basically words that are there to connect one word with others to make a sentence (TO make a sentence) should be ignored. The 'and', the 'it's', and the others have got to go. Just make yourself blind to these words. Skip over them.

Practicing timed reading is also good. Start a timer and see how much you can read in one minute and how much in five minutes. Check how much of the text you have understood (make sure this is something you are reading for the first time) and try to

- In the last forty years,
 - more and more information has appeared.
 - the number of young professionals has got smaller and smaller.
 - there hasn't been a lot of work for young professionals.
 - young professionals have not tried to find good information.

- Some people who attend speed reading courses
 - can't read.
 - think they have a problem but don't really have one.
 - are sure they have lots of problems.
 - live in a bad environment.

- If you want to read faster, you should
 - learn to read by heart.
 - read aloud a lot.
 - read the same texts several times.
 - try to concentrate on the text all the time when you are reading.

- 'Pick and choose'
 - is an activity called 'TO make A sentence'
 - is about only reading words like 'and', 'to', or 'a'.
 - is about only reading words that connect sentences or other words.
 - is about only reading the words without which you wouldn't understand what you were reading.

- If you want to practise timed reading, you should
 - read texts that you have read before.
 - read the whole text in five minutes.
 - check if you understand the text after reading it.
 - always read the same texts.

beat yourself at this over and over again, until you start to feel that you have moved up a level. Experiment with different texts and try to find books with texts and questions on what you have just read.

Practice makes perfect and this is the most basic thing you should do if you want to read faster and faster. You should see some improvement in two weeks. You should also work on the weaker parts of your reading skills. If you do all these things, you will be on your way to becoming a speed reader.

Adapted from Jonathan Mayheart, www.artisticity.com