

Factors that Reduce Reading Rates

-Poor Habits? -Slow Speed? - Low Cognitive Processing?

**How do you know if you have these issues – and what to do about them?
Circle any that apply, then see below referral for how to get help.**

- 1. You read very little and have not developed strong reading skills.**
- 2. You have developed the habit to read slow.**
- 3. You purposely read slow for fear of losing comprehension.**
- 4. You cannot decide what is important vs. unimportant when you read.**
- 5. You think you must remember everything you read rather than use selective memory.**
- 6. You have a limited visual span and read word-by-word rather than groups of words.**
- 7. You need to “hear” or vocalize as you read to comprehend.**
- 8. You have faulty eye movements, re-read words; this may include errors in eye return, rhythm and regularity of movement, or page placement.**
- 9. You have developed poor habits in attention & concentration – i.e. studying where there are distractions or thinking you can’t study without activity around.**

If you identify with any of these characteristics, ask about a reading ability assessment in The Aldersgate Center, Rm 220 in Student Center, or call x2257.