# In Focus Speed Reading Instructions for EFL Students

## What is Speed Reading?

Speed reading is a technique that will help you read quickly without losing comprehension. For English as a Foreign Language (EFL) students, speed reading can be a valuable tool. It involves reading at a faster pace than usual, focusing on absorbing several words or even whole sentences at a glance. The goal is not just to skim through the text but to efficiently understand and retain the information presented.

## Benefits of Speed Reading for English Acquisition

1. **Improved Vocabulary**: Regular practice can expose you to a wider range of vocabulary, helping you familiarize yourself with new words more quickly.

2. **Enhanced Comprehension**: As you get used to speed reading, your ability to grasp the meaning of sentences and paragraphs without focusing on individual words improves.

3. **Increased Reading** Confidence: Speed reading helps build confidence in your reading abilities, making you more comfortable with English texts.

4. **Better Time Management**: Learning to read faster can save you time, allowing you to cover more material in shorter periods. This will help you on standardized tests such as TOEIC and TOEFL

5. **Enhanced Focus**: Speed reading requires concentration, which can improve your overall focus and attention span when reading in English.

## Procedure for Speed Reading Practice

1. **Timing Your Reading:** Use a timer to record how long it takes you to read a 500-word text. This can be your own timer or one provided by the teacher.

2. **Comprehension Questions:** After reading, immediately turn the page to answer 10 comprehension questions related to the text. You should not go back to the text while answering these questions.

3. **Calculating Words Per Minute (WPM):** Use the chart to convert your reading time into a words per minute score. Record your score and the number of correct answers out of 10.

## Strategies for Effective Speed Reading

1. **Avoid Moving Your Lips**: Reading silently increases your speed, as you can comprehend much faster than you can vocalize.

2. **Do Not Trace Words with Your Finger or a Pen**: Train your eyes to move smoothly over the text. Attempt to capture groups of 3 to 5 words with each glance instead of focusing on single words.

3. **Skip Unknown Words**: If you encounter unfamiliar words, don't stop. Skip them and focus on understanding the overall meaning of the sentence or paragraph.

4. **Avoid Rereading**: Do not go back to read parts of the text again. Trust your initial understanding and keep moving forward.

5. **Maintain Focus**: Ensure your full attention is on the reading material. Avoid letting your mind wander to other thoughts.

**Conclusion**

Speed reading is a skill that can significantly help you improve your English reading capabilities, vocabulary, and overall language proficiency. By following the outlined procedure and strategies, you can develop your speed reading skills, making your learning process more efficient and effective. Practice regularly to see the best results.