

# **SPEED READER II**<sup>T.M.</sup>

**by Janice G. Davidson, Ph.D.  
and Richard K. Eckert, Jr.**

**Apple Version**

# Speed

*Davidson.*

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# INTRODUCTION

Welcome to SPEED READER II.

SPEED READER II is a six part reading program designed to help you improve your reading skills. You will become a faster, more efficient reader. You will also understand and remember what you read and enjoy reading more than ever.

The speed reading activities on the disk are based upon the results of numerous studies conducted by colleges and universities on student readers. The techniques are relatively simple, and they have worked for many people for many years.

Basically, SPEED READER II will sharpen your perception, increase your eye span, and improve your eye movements. The exercises and lessons in SPEED READER II will train you to use improved reading techniques and allow you to progress faster and more easily than has previously been possible. It will also help you incorporate these techniques in your everyday reading.

SPEED READER II was designed by Dr. Janice Davidson and the programming was done by Richard Eckert. This program was tried and tested on high school and college students at the educational facility of Upward Bound in Palos Verdes, California. In private sessions under the direction of an instructor, all of Upward Bound's students at least doubled their reading speeds. Most students tripled and some even

quadrupled their reading speeds. These spectacular gains in speed were made while students maintained or improved their comprehension levels.

With SPEED READER II, your progress can be equally spectacular. Follow the plan outlined in the "Speed Reading Course" beginning on page 17, and chart your progress as you become a faster, more efficient reader.

After you have covered the extensive reading material contained on your SPEED READER II Data Disk, you may wish to use the program's easy-to-use editor to enter your own reading material. Special features of the editor allow you to print out your reading material and to check its level of difficulty with a grade level analyzer. Additional data disks containing reading material at various grade levels (see page 59) are also available from Davidson & Associates.

# GETTING STARTED

## Included in this Package

In this package you will find:

- a SPEED READER II Program Disk,
- a SPEED READER II Data Disk,
- the manual which you are now reading.

## What you Need

To use SPEED READER II you need:

- an Apple IIe or an Apple II Plus or an Apple II computer capable of running Applesoft Basic with at least 48K of memory,
- one or two disk drives,
- a monitor (or TV),
- the SPEED READER II Program Disk,
- the SPEED READER II Data Disk,
- a printer (optional).

Keep this manual handy and refer to it often until you are thoroughly familiar with the program.

## Starting the Program

To start the program running, follow these steps:

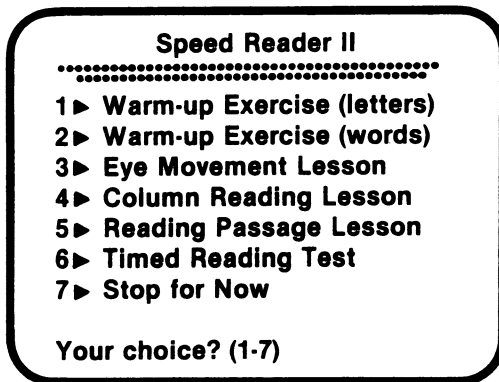
1. Insert the program disk into the disk drive (drive 1 if you have more than one disk drive.)

2. Turn on your Apple to boot the program disk. If your Apple is already on, type PR#6 and then press <Return>.

3. While your disk is booting, you may press D to see a demonstration of the program. The demonstration will continue and repeat until you press the <ESC> key to exit.

4. After a brief introduction, you will be asked your name, if you wish to have sound effects, whether you are using 1 or 2 disk drives, whether you want regular or bold print, and whether you are using the original data disk (the one that came with this package) or a new data disk (the one on which you have entered your own material).

5. The screen will then look something like this:





This is the main menu. From this menu you can select any of the six reading exercises included in SPEED READER II. In the following chapter of this manual, each exercise will be described in detail. It's important for you to read the entire manual in order to learn how to best use each exercise.

## **Back-Up Copies**

**Program Disk** - The program disk is protected, and you will not be able to make a copy of it. However, if you wish to have a back-up copy on hand, you may purchase one for \$10.00 from Davidson & Associates. This may be done when you return your Warranty Card, or any time after that with a written request to Davidson & Associates, 6069 Groveoak Place #12, Rancho Palos Verdes, CA 90274. You must have a Warranty Card on file in order to purchase a back-up copy. (Davidson & Associates provides a one year warranty against a malfunctioning or damaged disk.)

**Data Disk** - The data disk is not protected and you may make a back-up copy of it by using the copy program on your DOS SYSTEM MASTER disk.

# USING THE PROGRAM

## Working through the Exercises

**Warm-up Exercises** - SPEED READER II contains two warm-up exercises -- one with letters and one with words. These exercises are designed to help you increase your eye span and improve your perception.

**Warm-up Exercises (letters)** - This exercise has three levels. On the first level, two letters are displayed at a time. On the second level, three letters are displayed at a time. And on the third level, four letters are displayed at a time. After the letters appear on the screen, you type them in. The correct letters will appear beneath the ones you type so you can quickly identify any errors.

As you type the letters correctly, the display time will decrease gradually until you reach speed 15. Each time you miss a letter, the display time will increase temporarily. As a result, your perception will continually be challenged.

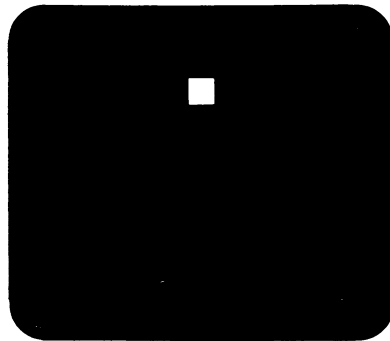
You may advance to the next level by pressing 1 immediately after typing in the letters. As you advance from two to three to four letters, you are widening your eye span, and as you progress within each level, you are increasing your rate of perception.

At any time, you may stop and get your score. To do this, press 2 immediately after typing in the letters. You will see the number of

attempts, the percentage of correct responses, and the final speed for each level of the exercise.

**Warm-up Exercises (words)** - Like the letters, this exercise has three levels. On the first level, two words are displayed at once. On the second level, three words are displayed. And on the third level, four words are displayed. You will type in each group of words after they appear. If you are correct, the next group of words will appear for a shorter time until you reach speed 15. If you are incorrect, the same words will be displayed again, only this time they will stay on the screen a little longer. You may advance from two words to three words or from three words to four words by pressing 1.

Watch for "the flasher" in the warm-up exercises. It is a small white square which flashes in the middle of the screen just before the words and letters appear. It looks like this:



Focus on the flasher. Then use your peripheral vision to read the letters or words that follow.

Your goal is to see the letters or words in a single pause without moving your eyes. This will help you increase your eye span.

**Eye Movement Lesson** - The Eye Movement Lesson expands the techniques developed in the warm-up exercises. It is designed to give you extended practice using these techniques as your eyes move across a printed line. A group of words will flash on the left of the screen and then another group on the right side and continue in this manner, back and forth, down the screen. Your eyes should follow the word groups as they appear on the screen. Allow your eyes to pause only once on each group of words.

You may select from twenty different items in the text file. The first ten items provide additional information on the techniques of speed reading; the last ten cover a variety of topics of general interest.

After you select an item, choose a speed from 1 to 9. Start with one of the slower speeds and gradually work up to the faster speeds as you improve.

After reading each paragraph, you may take a comprehension quiz to test your understanding. Your comprehension score will be displayed at the conclusion of the quiz. If you do not wish to take the quiz, press <ESC> at the conclusion of the article.

The Eye Movement Lesson is designed to strengthen your eye muscles, not your neck muscles. DO NOT MOVE YOUR HEAD FROM SIDE TO SIDE AS YOU READ.

Hold your head still and let your eyes do the moving. If you want to develop your neck muscles, go to a gym. In the eye movement exercise, you want to develop your eye muscles.

**Column Reading Lesson** - The Column Reading Lesson provides additional practice in using your peripheral vision when you read. A column of words is displayed down the center of the screen. You should read each line with only one fixation, or pause, and then move straight down to the next line.

You may select the speed at which you wish to have the column displayed by indicating the number of words per minute. You may also choose to have a vertical line appear down the center of the screen to help guide your eyes. To get the vertical line, type Y when you are asked "Use the vertical line? (Y/N)"

A comprehension quiz will follow the article. Your score will appear at the conclusion of the quiz. If you wish to skip the quiz, press <ESC>.

**Reading Passage Lesson** - The Reading Passage Lesson allows you to choose from a list of fifteen reading selections.

The passages are approximately four hundred words long and are at the same general level of difficulty.

After you select a passage, you will be asked to

select the speed and the window size. The speed may range from one hundred to two thousand words per minute.

The window size determines the number of lines to appear on the screen at one time. The window size may range from 1 to 12 lines. Most students prefer to begin with fewer lines and then increase the window size as they are able to better control their own speed.

Following each passage is an eight item comprehension quiz. Your score will be given at the conclusion of the quiz. If you wish to skip the quiz, you may do so by pressing <ESC>.

## **Timed Reading Test**

The Timed Reading Test will compute your reading rate and comprehension level.

First select a passage to read. Read each "page" as it appears on the screen. Press the space bar when you finish the page and the next page will appear. Continue in this manner until the end of the passage. Your reading rate in words per minute will appear on the screen. Then take the quiz to determine your comprehension level.

Each time you use the Timed Reading Test, it is a good idea to record your speed and comprehension on the Progress Chart on page 38 so you can see your improvement.

## Special Features

**Sound Effects** - SPEED READER II has sound effects which are activated by each correct response to a quiz question. Shortly after starting the program, you will be asked if you want sound effects. If you answer yes, the sound will remain during that entire session.

**One or Two Drive Option** - SPEED READER II will operate with either 1 or 2 drives. You will be asked shortly after the program begins whether you are using 1 or 2 drives. Instructions will follow regarding which disk to insert in which drive.

**Regular or Bold Printing** - You may choose between two different printing styles when using SPEED READER II, regular or bold. Try both and select which is best for you. Generally, regular is better with a black and white monitor and bold is better with a color monitor.

**ESC Key** - The escape key <ESC> allows you to exit most activities in the program. Simply press <ESC> and the program returns you to the menu.

**Elapsed Time Indicator** - You will note an elapsed time indicator at the bottom right hand corner of the screen during the quizzes. It is counting the number of seconds it takes you to respond. You will find this feature especially useful if you are preparing to take any timed tests, such as the SAT, GRE, etc. If you are not preparing for a timed test, just ignore the elapsed time indicator.

# SPEED READING COURSE

## The Principles of Speed Reading


Before you begin your training, let's look at what occurs when you read.

You may think that your eyes move in a smooth, continuous motion across the printed line. They don't. The eyes move across the printed line in fits and spurts. They pause, focus, move quickly, pause, focus, move quickly and so on. When the eyes pause, they read the printed word or words. When the eyes move quickly, they are not reading anything but merely getting into position to pause and read the next word or group of words.

Your eye movements determine the speed at which you read. The first example below illustrates the eye movements of a slow, inefficient reader. The second one illustrates the eye movements of a faster, more efficient reader. (The dots above the words illustrate where the eyes pause.)



**The inefficient reader reads word by word.**



**The efficient reader reads several words  
each time his eyes pause.**



The fewer pauses your eyes make, the faster you will read. The less time your eyes spend on each pause, the faster you will read. Also, the quicker your eyes move to the next group of words, the faster you will read. Thus the three essential ingredients which determine your reading rate are

1. eye span (the number of words you read at each pause,)
2. perception (the duration of each pause,) and
3. eye movement (the speed with which you move from one group of words to the next.)

## **Eye Span**

If you presently read only one word per pause and you increase your eye span to two words per pause, you will double your reading speed. Increasing your eye span to three words per pause will triple your reading speed.

It's not difficult to increase your eye span. Basically all you have to do is use your peripheral vision. Most people use their peripheral vision in every activity but reading. However, it will help you when you read just as much as it will help you in other activities.

The following illustration will make you aware of the role peripheral vision plays in your reading. Focus on the dot in the center of each line. Without moving your eyes from left to right, see if you can recognize all the letters

on each line. Remember, focus on the dot, not the letters.

A ● E  
G A ● L K  
R X Y ● B P Q  
L T U O ● E Z C N

You are probably surprised at how much your eyes can see at one time. You can increase your eye span significantly by using your peripheral vision when you read!

## Perception

The more rapid your perception, that is, the less time you spend on each pause, the faster you will read. Studies have shown that most of us can dramatically accelerate our perception. Reading teachers frequently use a tachistoscope for this purpose. The warm-up exercises in SPEED READER II perform a similar function to that of the tachistoscope. They will improve your perception while they are increasing your eye span. Improving perception also increases your concentration.

## Eye Movement

Once you have sharpened your perception and increased your eye span, your eye movements

become the third important factor in improving your reading speed. Your eyes must be trained to move quickly from one group of words to the next across the printed line. Your enlarged eye span is of no advantage to you if your eyes travel slowly between the groups of words. The Eye Movement lesson in SPEED READER II will help you develop a rhythm as your eyes move from one group of words to another across the printed line.

### **A Word about Comprehension**

There are many misconceptions about reading speed and understanding. One of them is that fast readers don't understand as much of what they read as slow readers. This is not the case. In fact, in many instances the reverse is true.

You will find that as you increase your speed, you will still understand what you read. In fact, you will probably understand more. Why? Because as a fast reader, you will read in phrases rather than word-by-word. Words have more meaning when they are read in relationship to one another than when read alone. Therefore, reading in phrases will bring about greater understanding.

Also, as your reading training progresses, your attention span will lengthen and your concentration powers will increase.

## Determining Reading Speed

Before you embark on this reading improvement program, you should measure your present reading rate. Select the Timed Reading Test from the main menu. Read it at a comfortable speed which reflects your normal reading rate. Try not to go faster or slower than you ordinarily do. Take the quiz following the passage to determine your comprehension level. When you have completed the quiz, record your reading rate and comprehension level on the Progress Chart on page 38.

Now that you know your present reading rate, you may be interested in how it compares with others. The chart below reflects average reading rates and comprehension levels.

	<u>SPEED</u>	<u>COMPREHENSION</u>
ADULTS	200 wpm	50%
COLLEGE STUDENTS	325 wpm	50%
HIGH SCHOOL STUDENTS	250 wpm	50%

You may want to keep these figures in mind when you set a goal for yourself. If you fall within this average range, you should be able to double or triple your reading rate while maintaining or improving your comprehension level.

If you have a reading disability or if you have perception problems, it is advised that you work through these exercises with a reading instructor. He or she may want to place different emphasis on the exercises and lessons rather than use the following Course Outline.

## Speed Reading Course Outline

- Do ALL the activities listed for each session in the ORDER they are listed.
- Do no more than one session a day but do at least two sessions a week.
- The time you spend ON THE COMPUTER should be only about 20 or 30 minutes per session. After 30 minutes, the effectiveness of the exercises decreases.
- Immediately after you complete each session, read from a book, magazine, or newspaper. Push yourself. Try to continue reading in groups of words as you did on the computer. Continue practicing in several short periods between each session.
- Record your progress as you go. Do not expect a steady increase in speed. Your scores will fluctuate from exercise to exercise and from session to session. But the general movement will be forward. There are additional record sheets at the back of this manual.

## Practice Session 1

1. WARM-UP EXERCISE (LETTERS): Work seven minutes on this exercise. Start with two letters and progress to speed 15 before advancing to the next level. (Advance to the next level by pressing 1; get your score by pressing 2.)

Remember to focus on the flasher!

2. WARM-UP EXERCISES (WORDS): Work seven minutes on this exercise. Start with two words and progress to speed 15 before advancing to the next level. (Advance to the next level by pressing 1; get your score by pressing 2.)

3. EYE MOVEMENT LESSON: Read two selections. Read the first one at speed 1. If your comprehension score is below 75%, read the second selection at the same speed.

4. Turn off the computer. Read from a book or magazine for at least ten minutes. Push yourself!

**Practice Session 1 Date:** \_\_\_\_\_

**Warm-up Exercises (letters)**

	# tries	% correct	final speed
2 letters			
3 letters			

**Warm-up Exercises (words)**

	# tries	% correct	final speed
2 words			
3 words			

**Eye Movement Lesson**

	speed	% correct
Title:		
Title:		

## Practice Session 2

1. WARM-UP EXERCISES (LETTERS): (seven minutes) Start with two letters and progress to speed 15 before advancing to the next level.
2. WARM-UP EXERCISE (WORDS): (seven minutes) Start with two words and progress to speed 15 before advancing to the next level.
3. EYE MOVEMENT LESSON: Read two selections. Read the first selection at the same rate as your final speed during the last practice session. (For example, if your eye movement speeds were 2 and 3 during the last practice session, then this time begin with speed 3.) For the second selection, advance to the next speed if your comprehension score is 75% or better. If not, maintain the same speed as in the first selection.
4. Turn off the computer. Read from a book or magazine at least ten minutes. Push yourself!



**Practice Session 2 Date: \_\_\_\_\_**

**Warm-up Exercises (letters)**

	# tries	% correct	final speed
2 letters			
3 letters			

**Warm-up Exercises (words)**

	# tries	% correct	final speed
2 words			
3 words			

**Eye Movement Lesson**

	speed	% correct
Title:		
Title:		

### Practice Session 3

1. WARM-UP EXERCISES (LETTERS): (seven minutes) This time begin with three letters. Advance to four letters when you reach speed 15.
2. WARM-UP EXERCISE (WORDS): (seven minutes) Start with two words and progress to speed 15 before advancing to three words.
3. EYE MOVEMENT LESSON: Read two selections. Use the same procedure as you did in the last practice session for selecting your speed.
4. TIMED READING TEST: Select one passage and read it at your fastest rate. Then take the quiz. Record your reading speed and your comprehension level on the Progress Chart on page 38.
5. Turn off the computer and read from a book or magazine. Read in groups of words. You're making great progress. Keep pushing yourself!

Practice Session 3 Date: \_\_\_\_\_

### Warm-up Exercises (letters)

	# tries	% correct	final speed
3 letters			
4 letters			

### Warm-up Exercises (words)

	# tries	% correct	final speed
2 words			
3 words			

### Eye Movement Lesson

	speed	% correct
Title:		
Title:		

## Practice Session 4

1. WARM-UP EXERCISES - LETTERS: (five minutes)  
Use the same procedure as the last session.
2. WARM-UP EXERCISE - WORDS: (five minutes) If two words are easy for you, then begin with three words. As before, go to speed 15 before advancing to the next level.
3. EYE MOVEMENT LESSON: Read two selections. To determine the speed, use the same procedure as in previous sessions.
4. READING PASSAGE LESSON: Read one passage. Set the speed fifty words per minute faster than your last Timed Test. Increase the window size a bit this time. Read the passage and take the quiz.
5. Turn the computer off and read for ten or fifteen minutes.

Practice Session 4 Date: \_\_\_\_\_

### Warm-up Exercises (letters)

# tries      % correct      final speed

	# tries	% correct	final speed
3 letters			
4 letters			

### Warm-up Exercises (words)

# tries      % correct      final speed

	# tries	% correct	final speed
2 words			
3 words			
4 words			

### Eye Movement Lesson

speed      % correct

	speed	% correct
Title:		
Title:		

### Reading Passage Lesson

speed      % correct

	speed	% correct
Title:		
Title:		

## Practice Session 5

1. WARM-UP EXERCISES - LETTERS: (five minutes)  
Use the same procedure as in previous practice sessions.

2. WARM-UP EXERCISES - WORDS: (five minutes)  
To determine the speed, use the same procedure as in previous practice sessions.

3. EYE MOVEMENT LESSON: Read two selections.  
For setting the speed, use the same procedure as in previous practice sessions.

4. READING PASSAGE LESSON: Read two passages.  
Read the first passage at the same speed as your final speed in the last practice session. If your comprehension score is 63% or above, increase the speed of the second passage twenty-five words per minute. If it is above 75%, increase the speed fifty words per minute.

5. Turn off the computer and read. Push yourself.

Practice Session 5 Date: \_\_\_\_\_

### Warm-up Exercises (letters)

	# tries	% correct	final speed
3 letters			
4 letters			

### Warm-up Exercises (words)

	# tries	% correct	final speed
2 words			
3 words			

### Eye Movement Lesson

	speed	% correct
Title:		
Title:		

### Reading Passage Lesson

	speed	% correct
Title:		
Title:		

## Practice Session 6

1. WARM-UP EXERCISE - LETTERS: (five minutes)  
Use the same procedure as in previous sessions.

2. WARM-UP EXERCISE - WORDS: (five minutes)  
Use the same procedure as in previous sessions.

3. EYE MOVEMENT LESSON: Read one selection.  
Use the same procedure described in previous sessions to determine your speed.

4. COLUMN READING LESSON: Select one item.  
Set the speed at the same rate as your last reading passage lesson. Remember, use your peripheral vision when you read. Move your eyes down the center of the column; pause only once per line.

5. READING PASSAGE LESSON: Select two passages. Follow the same procedure for selecting the speed as in previous practice sessions.

6. Turn off the computer and read from a book for fifteen or twenty minutes. Read for ideas and important facts. Push yourself. The harder you try, the more you'll improve.



Practice Session 6 Date: \_\_\_\_\_

### Warm-up Exercises (letters)

# tries                  % correct                  final speed

3 letters			
4 letters			

### Warm-up Exercises (words)

# tries                  % correct                  final speed

2 words			
3 words			

### Eye Movement Lesson

speed                  % correct

Title:		
--------	--	--

### Column Reading Lesson

speed                  % correct

Title:		
--------	--	--

### Reading Passage Lesson

speed                  % correct

Title:		
Title:		

## Practice Session 7

1. WARM-UP EXERCISE - LETTERS: (five minutes)  
Use the same procedure as in previous practice sessions.

2. WARM-UP EXERCISE - WORDS: (five minutes)  
Use the same procedure as in previous practice sessions.

3. EYE MOVEMENT LESSON: Read one selection.  
Use the same procedure described in previous practice sessions to determine your speed.

4. COLUMN READING LESSON: Select one item. If your comprehension score for this lesson in Practice Session 6 was 75% or better, increase your speed 25 wpm. If it was below 75%, set the speed at the same wpm.

5. READING PASSAGE LESSON: Select two passages. Follow the same procedure described in previous practice sessions to set the speed.

6. TIMED READING TEST: Select a passage and read it at your fastest rate. Take the quiz and record your reading rate and comprehension score on the Progress Chart on page 38.

7. Turn off the computer and read from a book or magazine for fifteen or twenty minutes. Read in groups of words as you did on the computer. Push yourself.

Practice Session 7 Date: \_\_\_\_\_

### Warm-up Exercises (letters)

# tries                  % correct                  final speed

	# tries	% correct	final speed
3 letters			
4 letters			

### Warm-up Exercises (words)

# tries                  % correct                  final speed

	# tries	% correct	final speed
2 words			
3 words			
4 words			

### Eye Movement Lesson

speed                  % correct

	speed	% correct
Title:		

### Column Reading Lesson

speed                  % correct

	speed	% correct
Title:		

### Reading Passage Lesson

speed                  % correct

	speed	% correct
Title:		
Title:		

## Practice Session 8

1. WARM-UP EXERCISE - LETTERS: (five minutes)  
Use the same procedure as in previous practice sessions. Remember how hard these were when you first started? You're really making progress!
2. WARM-UP EXERCISE - WORDS: (five minutes)  
Use the same procedure as in previous practice sessions.
3. EYE MOVEMENT LESSON: Read one selection.  
Use the same procedure described in previous practice sessions to determine your speed.
4. COLUMN READING LESSON: Select one item.  
Follow the same procedure described in previous practice sessions for setting the speed.
5. READING PASSAGE LESSON: Select two passages.  
Follow the same procedure described in previous practice sessions for setting the speed.
6. Turn off the computer and read from a book or magazine for fifteen or twenty minutes. Push yourself ahead. Practice is necessary to gain proficiency at anything...especially reading.

Practice Session 8 Date: \_\_\_\_\_

### Warm-up Exercises (letters)

# tries                  % correct                  final speed

	# tries	% correct	final speed
3 letters			
4 letters			

### Warm-up Exercises (words)

# tries                  % correct                  final speed

	# tries	% correct	final speed
2 words			
3 words			
4 words			

### Eye Movement Lesson

speed                  % correct

	speed	% correct
Title:		

### Column Reading Lesson

speed                  % correct

	speed	% correct
Title:		

### Reading Passage Lesson

speed                  % correct

	speed	% correct
Title:		
Title:		

## Practice Session 9

1. WARM-UP EXERCISE - LETTERS: (five minutes)  
Use the same procedure as in previous practice sessions.
2. WARM-UP EXERCISE - WORDS: (5 minutes) Use  
the same procedure as in previous practice  
sessions.
3. EYE MOVEMENT LESSON: Read one selection.  
Use the same procedure described in previous  
practice sessions to determine your speed.
4. COLUMN READING LESSON: Select one item.  
Use the same procedure described in previous  
practice sessions to set the speed.
5. READING PASSAGE LESSON: Select one passage.  
Read it at 100 wpm faster than your last rate on  
the Progress Chart on page 38.
6. Turn off the computer and read from a book  
or magazine for twenty minutes. Push yourself.  
Don't allow yourself to go back and reread.

Practice Session 9 Date: \_\_\_\_\_

### Warm-up Exercises (letters)

# tries                  % correct                  final speed

	# tries	% correct	final speed
3 letters			
4 letters			

### Warm-up Exercises (words)

# tries                  % correct                  final speed

	# tries	% correct	final speed
2 words			
3 words			
4 words			

### Eye Movement Lesson

speed                  % correct

Title:	speed	% correct

### Column Reading Lesson

speed                  % correct

Title:	speed	% correct

### Reading Passage Lesson

speed                  % correct

Title:	speed	% correct
Title:		

## Practice Session 10

1. WARM-UP EXERCISE - LETTERS: (five minutes)  
Use the same procedure as in previous practice sessions.
2. WARM-UP EXERCISE - WORDS: (five minutes)  
Use the same procedure as in previous practice sessions.
3. EYE MOVEMENT LESSON: Read one selection.  
Use the same procedure described in previous practice sessions to determine your speed.
4. COLUMN READING LESSON: Select one item.  
Follow the same procedure described in previous practice sessions to determine reading speed.
5. READING PASSAGE LESSON: Select one passage.  
If your comprehension score in Practice Session 9 was 75% or better, increase your speed by 100 wpm. If your comprehension score was lower than 75%, use the same speed as in Practice Session 9.
6. Timed Reading Test: Select a passage and read it at your fastest rate. Record your reading rate and comprehension level on the Progress Chart on page 38.



Practice Session 10 Date: \_\_\_\_\_

### Warm-up Exercises (letters)

# tries      % correct      final speed

	# tries	% correct	final speed
3 letters			
4 letters			

### Warm-up Exercises (words)

# tries      % correct      final speed

	# tries	% correct	final speed
2 words			
3 words			
4 words			

### Eye Movement Lesson

speed      % correct

	speed	% correct
Title:		

### Column Reading Lesson

speed      % correct

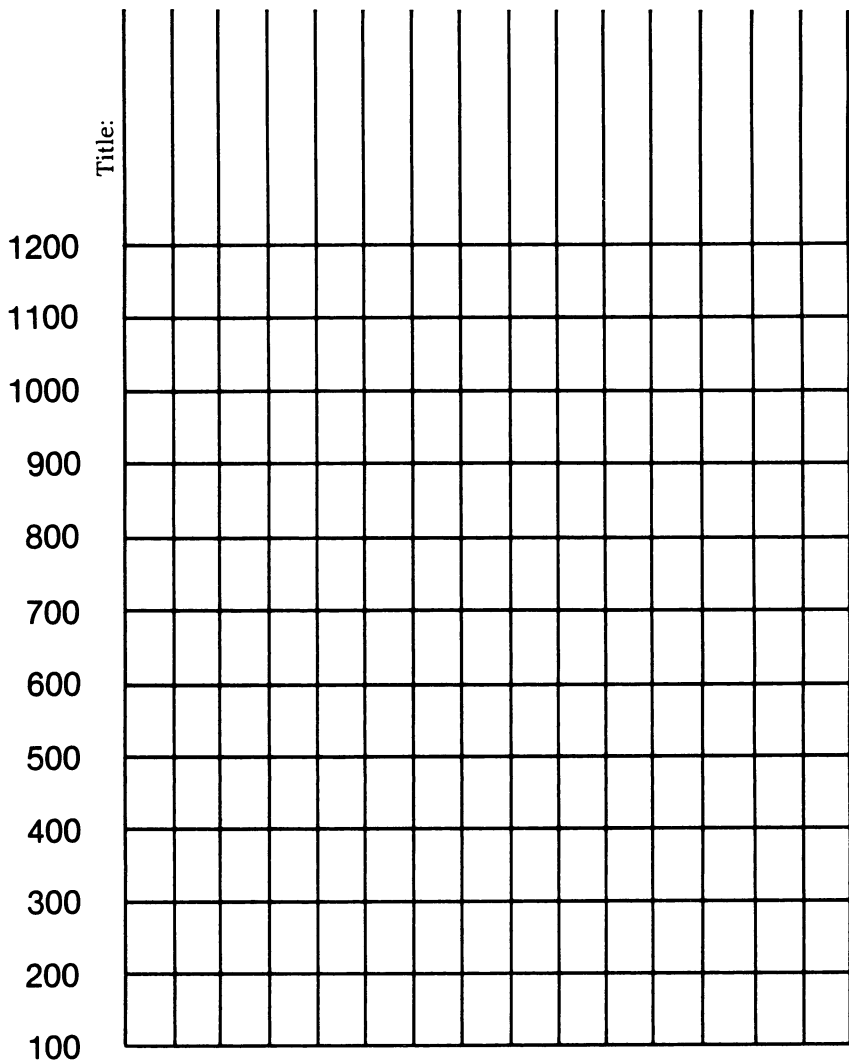
	speed	% correct
Title:		

### Reading Passage Lesson

speed      % correct

Title:		
Title:		

# Progress Chart



**Comprehension**



Congratulations! Your improved reading skills will be an invaluable asset to you for the rest of your life.

The faster reading rate you have achieved will allow you to have greater reading flexibility. Some materials you will want to read at your fastest speed. Other materials, because they are difficult or extremely interesting, you will want to read at a slower speed. You will not always read at your fastest rate. But when you do want to read quickly, you will be able to.

You will maintain and even continue to improve your speed and comprehension. All you have to do is read. Now that you have learned these techniques, the more you read, the better you will become. You should return to SPEED READER II at least once every three to four weeks to keep your reading skills at their best.

## USING THE EDITOR

If you would like to use the exercises and lessons in SPEED READER II with your own reading material, you may do so with SPEED READER II's easy-to-use editor.

Many different kinds of editors were tried and tested in the development of this software package. The editor selected was one which had the greatest versatility. It allows the user to make corrections with ease as well as to add or remove items from the file.

To use the editor, you will need:

- the SPEED READER II Program Disk and
- a new disk on which to save your own reading material.

Follow the steps outlined below to create and enter your own files.

### **Step 1 - Preparing Reading Material**

First prepare a written version of your reading material on paper. If you wish to be able to take the comprehension quiz, write down all the quiz questions.

#### **Length Limits**

The reading material you enter onto the disk should stay within the following limits:

each line - maximum of 34 characters and spaces

each multiple choice quiz question (with choices) - maximum of 18 lines

total passage length and quiz questions - maximum of 300 lines.

If you are planning to enter material to be used with the Eye Movement or Column Reading lessons, your line length should be about half the maximum length. See the sample beginning on page 45.

## **Step 2 - Initializing the Data disk**

Now take your new blank disk and initialize it to get it ready to accept your new material.

If you don't know how to initialize your new data disk, here's how you do it.

- "boot up" your system with your DOS 3.3 System Master disk that was supplied with your computer

- take out the master disk and replace it with the new blank disk that you have labeled "Speed Reading Data Disk, Volume 2"

- type NEW <Return>

- type 10 HOME <Return>

```
-type 20 PRINT "SPEED READER II DATA DISK  
Volume 2" <Return>
```

```
-type END <Return>
```

```
-type INIT HELLO <Return>.
```

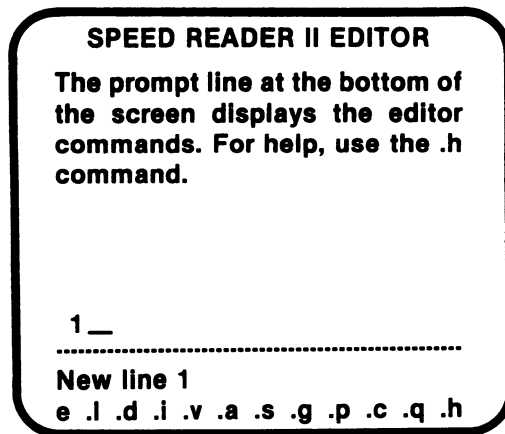
When the disk drive light goes out and the cursor appears, the disk initialization is complete. You now have an initialized data disk on which you can save your own reading material.

### Step 3 - Accessing the Editor

Now that you have prepared your reading material and initialized your new data disk, you are ready to begin using the editor.

Insert your SPEED READER II Program Disk in the disk drive and boot the disk. While the drive's red light is on, press E (for editor.)

When the drive stops, the screen will look something like this:



The editor is now ready for you to enter your own reading material.

STOP AND READ CAREFULLY all the remaining steps before proceeding.

### **Step 4 - Upper and Lower Case**

To use the editor with ease, you will need to become familiar with how to get the upper and lower case letters. When you begin entering your words, the letters will automatically appear in lower case.

To get all the letters to appear in upper case, press the <CTRL> key and the K key at the same time; then type the letters you want in upper case.

To return to lower case, press the <CTRL> key and the L key at the same time. Then type the letters you want to appear in lower case.

To capitalize only one letter (as at the beginning of a sentence), press the <CTRL> key and the S key at the same time. The next letter you type will be in upper case and the letters following it will be in lower case.

Use the chart below to help you.

CTRL L - all lower case  
CTRL K - all upper case  
CTRL S - shift to upper case

## Step 5 - Entering your own Material

To enter your material follow these steps:

- begin entering your material on line 1
- when you reach the end of the line, press <Return> and continue on line 2
- continue in this manner until you reach the end of the material
- press <Return>
- on the next line, enter @.

You are now ready to enter your quiz questions. To do this, proceed in a similar manner, with the following considerations:

The total question and choices can be a maximum of 18 lines.

Each choice should be preceded by an uppercase letter.

You may have as many choices as you wish as long as they all fit (with the question) within the 18 line maximum.

After you have entered the question and choices, type an @ on the next line followed by the letter of the correct choice. THIS LETTER SHOULD BE IN LOWER CASE WITH NO CONTROL CHARACTERS.

An entry for the Eye Movement and Column Reading lessons looks something like this:



1 Is personality  
2 the result of  
3 genetic inheritance  
4 or the result  
5 of environment?  
6 Recent studies  
7 seem to show  
8 that personality  
9 development is  
10 influenced more  
11 by genetics than  
12 by environment.  
13 These studies are  
14 based on twins  
15 who have been  
16 separated at birth  
17 and reared in  
18 different families.  
19 Even though their  
20 environments were  
21 totally different,  
22 the personalities  
23 of the twins  
24 were found to be  
25 strikingly similar.  
26 Take for example,  
27 the Jim twins.  
28 These brothers  
29 were separated  
30 only five weeks  
31 after birth,  
32 and reunited  
33 thirty-nine  
34 years later.  
35 Both brothers  
36 were named Jim  
37 by their  
38 adoptive parents.

39 They both married  
40 women named Linda,  
41 divorced, and  
42 remarried women  
43 named Betty.  
44 Each brother  
45 had a son named  
46 James Allen  
47 and a dog  
48 named Toy.  
49 When the twins  
50 were reunited,  
51 it was discovered  
52 that they had  
53 identical hobbies,  
54 interests, and  
55 work histories.  
56 Even though  
57 their environments  
58 had been  
59 entirely different,  
60 their personalities  
61 were remarkably  
62 similar.  
63 The Jim twins  
64 and similar studies  
65 strongly suggest  
66 that genetic  
67 factors are at work  
68 which overpower  
69 the influences  
70 of environment.  
71 @

72 The main idea of this passage is that  
73  
74  
75 A. there are more similarities than  
76 differences between twins.  
77  
78 B. heredity plays a stronger role  
79 in personality development than  
80 environment.  
81  
82 C. environment plays a stronger role  
83 in personality development than  
84 heredity.  
85  
86 D. it is impossible to study the  
87 personality development of twins.  
88 @b  
89 The Jim twins had been separated  
90  
91  
92 A. when they were sixteen years old  
93 because they did not get along  
94 with each other.  
95  
96 B. shortly after birth and raised  
97 by different families.  
98  
99 C. at birth and reunited nine years  
100 later.  
101  
102 D. so that this comparative study  
103 could be made.  
104 @b

105 The Jim twins  
106  
107  
108 A. were raised in similar  
109 environments.  
110  
111 B. had identical physical  
112 characteristics.  
113  
114 C. married women who were  
115 identical twins.  
116  
117 D. had identical work histories,  
118 hobbies and interests.  
119 @d  
120 The passage suggests that twins  
121  
122 generally  
123  
124  
125 A. have similar personalities.  
126  
127 B. have different personalities.  
128  
129 C. are too dependent on one another.  
130  
131 D. are alike only if they are  
132 identical twins.  
133 @a

Make sure you follow the format exactly as outlined. If you inadvertently add extra lines or forget to put in the correct number of lines, you can easily correct this using the delete and insert commands discussed at the end of the chapter.

### **Step 6 - Saving your New File**

The last step is to save your new file on your new data disk. (Don't panic; this step is not irreversible. If you find an error on it later, you can easily access and correct it.)

- remove your SPEED READER II Program Disk
- insert your new data disk in the disk drive
- type .s and press <Return>
- when you are asked "save file name?" type in the name of your data file.

The bottom of the screen will look something like this:

```
201 .s
Save file name? EYE MOVEMENT/COLUMN READING 1
```

When you press <Return>, the disk drive will whirl, saving your reading material onto your new data disk.

## Step 7 - Using your New File

To run your new file with the SPEED READER II program, follow these steps:

- first boot the SPEED READER II Program Disk
- when you are asked "Original or New data disk (O/N)," type N
- when you are told to insert the data disk, insert your new disk
- press space bar
- type in the name of the file you wish to use <Return>.

## Commands of the Editor

**Edit** - This command allows you to change a line that has been entered. To use the edit command:

- type .e followed by the line number you wish to change
- press <Return>
- the line you wish to edit will appear and you may change or correct it as you wish
- press <Return> after you have changed the line to the way you want it.

**List** - The list command allows you to review the entire file. To utilize this command:

-type .l

-press <Return>

-use the space bar to stop and restart the scroll.

You may start listing the file at any point. Simply type in .l followed by the line number you wish to begin listing. If you wish to terminate the listing before all lines have been displayed, press <Return>.

**Insert** - This command allows you to insert one or more lines into the file. To use this feature

-type .i

-press <Return>

-the screen will ask you "Insert which line?"

-answer with the number of the line you want to begin your insert

-insert as many lines as you wish

-type .q at the beginning of the next line to exit the insert mode

-press <Return>.

**Delete** - This command will allow you to remove any line from the file. To use this command:

-type .d

-press <Return>

-you will be asked "Delete which line?"

-enter the number of the line you wish to delete

-press <Return>

-the line will appear and you will be asked "Delete this? (y/n)"

-if you press "y", the line will be deleted;  
if you press "n," it will remain.

**Verify** - When entering a multiple choice question, it is helpful to see exactly how it looks on the screen so that you can determine correct spacing. The verify command allows you to do this. The verify command also checks to see that there is a marker at the end of the passage and at the end of each question. To use this command:

-type .v

-press <Return>

-the passage will quickly scroll up the screen while the computer is searching for the questions

-the screen will say "End of passage marker found. Press space bar to continue..."



-press space bar and each question will be displayed on the screen

-press <Return> to exit the verify mode.

**Analyze** - This command will allow you to determine the reading level of a passage. To use this command:

-type .a

-press <Return>

-you will be asked "Do you want to verify?  
(Y/N)

-it is recommended that you verify the file before you proceed with the analyzer to be sure that your end markers (@) are in place (if your markers are not correctly in place the analyzer's results will not be accurate)

-after you've verified, the number of sentences, words and syllables will be counted

-then the grade level of the selection will be displayed along with the number of syllables and sentences per one hundred words.

The Grade Level Analyzer only analyzes the passage itself; it does not analyze the level of difficulty of the questions. You should verify your file before you analyze it to make sure that the file is in the correct format so that it will not include the questions when computing grade level.

The analyzer gives you only APPROXIMATE reading levels determined by the number of sentences and syllables per one hundred words. Other factors such as vocabulary and sentence structure are not measured by this analyzer but also will affect reading level.

**Save** - The save command will allow you to save a new file or a corrected file onto a disk. Be sure you use this command each time you enter a new file or make any corrections on a file already on the disk. To use this command:

-type .s

-press <Return>

-enter the name of the file.

**Get** - The get command allows you to load a file which has previously been saved. To use this command:

-first check to see that the disk in the drive is the one which has the data file you wish to access

-type .g

-press <Return>

-you will be asked "Get file name?"

-type in the exact name of the file you wish.

If you are not sure of the exact name of the file, type `.c` and press `<Return>`. This will catalog the disk.

**Print** - The print feature will allow you to print out your file. To use this feature:

- first be sure that the file you want printed is the one now loaded into the computer's memory

- turn on the printer (it should be plugged into printer slot 1 on your Apple)

- type `.p`

- press `<Return>`.

You may start printing the file at any point. Simply type in `.p` followed by the line number you wish to begin printing. If you want to stop the printer before the file has been completely printed, press `<Return>`.

**Clear** - This command allows you to clear the screen to get ready for a new file. To use this feature:

- type `.c`

- press `<Return>`.

Be sure you have saved any file you want preserved. The editor will double check to make

sure you really want to clear the screen.

**Quit** - This command allows you to exit the editor and return to the SPEED READER II program. To use this command:

-type .q

-press <Return>.

Remember to save your file first if you want to keep it.

**Help** - This command will give you a list of all the commands and their functions. So if at any point you are puzzled about which command to use:

-type .h

-press <Return>

-all the commands and their functions will appear on the screen.

## **Additional Notes on the Editor**

The first few times you use the editor, create a small data file of a paragraph or two. Try using the file with the SPEED READER II program to be sure you're on the right track. You can add more to the file later.

It is a good practice to save your file every 15 minutes or so while you are working on it. Then if you should ruin a file in memory, you can retrieve a copy from the disk and prevent the loss of all your hard work.

Occasionally after you enter or edit a line, the editor will pause while it checks the line for control characters. You may also notice a brief pause after inserting or deleting a line in the file. These pauses are normal and have been designed to be as brief as possible.

You will find the SPEED READER II editor a very versatile and easy-to-use tool. Take time to get acquainted with it. Your patience and practice will reap great rewards.

## ABOUT THE AUTHORS

Janice Davidson holds a B.A. from Purdue University, and an M.A. and Ph.D. from the University of Maryland. She is founder and director of Upward Bound, a nonprofit educational center in Palos Verdes, California. She also serves as an educational computer consultant to schools in southern California.

Richard Eckert holds a B.S. degree from Purdue University in Electrical Engineering. He is a professional programmer and has written a variety of software, particularly educational software.

Other software packages written by the authors include MATH BLASTER, SPANISH FOR THE TRAVELER, and WORD ATTACK.

## ACKNOWLEDGEMENTS

The authors are indebted to many people who participated in the development of this software. The teachers and students at Upward Bound who so willingly tried and tested the software made a substantial contribution.

A special note of thanks also to Cathy Johnson, who worked diligently editing the data files and made numerous contributions in the development and testing of the software.

Unless otherwise noted, the material on the data disk was written by Janice Davidson, Faye Schwartz, Sharon Rosen, and Jim Markert.

## ADDITIONAL DATA DISKS

Additional data disks designed for use with your SPEED READER II program are available:

SPEED READER II DATA DISK A - contains 20 eye movement/column reading selections and 15 reading passage selections designed for 4th, 5th, and 6th grade students.

SPEED READER II DATA DISK B - contains 20 eye movement/column reading selections and 15 reading passage selections designed for students in the 7th, 8th, and 9th grades.

SPEED READER II DATA DISK C - contains 20 eye movement/column reading selections and 15 reading passage selections designed for students in the 10th, 11th and 12th grades.

SPEED READER II DATA DISK D - contains 20 eye movement/column reading selections and 15 reading passage selections designed for college students and adults.

You may use the enclosed order form to order the data disks or write to Davidson & Associates, 6069 Groveoak Place, #12, Rancho Palos Verdes, CA 90274. Phone: (213) 378-3995.

## APPENDIX

### READING SELECTIONS: EYE MOVEMENT/COLUMN READING LESSON

1. The Inefficient Reader
2. The Efficient Reader
3. Eye Movements
4. Peripheral Vision
5. The Flow of Meaning
6. Avoiding Inner Speech
7. Avoiding Regressions
8. Reading Flexibility
9. Skimming
10. Critical Reading
11. Raising a Superstar
12. The World's Fastest Train
13. Gone with the Wind
14. Bobby Jones--American Hero
15. An Uncommon Inventor
16. A School that Works
17. Hobie Alter--A Cool Cat
18. Escape to Freedom
19. On the Rocks
20. Dare Devils

### READING SELECTIONS: READING PASSAGE LESSON/TIMED READING TEST

1. Wall Street Psychiatrist
2. Extreme Skiing
3. The Egg
4. The Trained Dog
5. Christmas in July
6. The Divided Horse Blanket
7. The Computer Age Orange
8. Barnum's Ballyhoo
9. Genuine Mexican Plug



10. Milk for the Masses
11. The 1865 Moon Mission
12. The Man With the Good Face
13. Splitting the Brain
14. Your Attention, Please
15. A Run for the Cookie

