

Calculating Your Reading Speed

We are going to do a number of reading exercises throughout the seminar and in each one we will calculate your reading speed. It will be essential to know your current normal reading speed so that we can measure your progress.

In order to do this we need to know roughly how many words there are on each page of the book that you are using.

1. **Determine the number of words on a page.** Simply find a page that has text all the way from top to bottom (i.e. not the first or last page of a chapter and not a page that has any pictures, diagrams or any other breaks in the text) and count the total number of words. Record your answer at (A)

We are going to do a worked example. Let's suppose that there are 365 words on your page. We would record 365 at (A).

_____ (A)

2. **Read the page.** You will need a timer. Read the page and record how long it takes you. Read it at your normal reading speed. Record how long it takes in minutes and seconds then convert your answer to seconds. To convert minutes to seconds, multiply the number of minutes by 60.

Example: suppose you take 2 minutes 15 seconds to read the page.

Multiply 2 minutes by 60 to give 120 seconds and add on the extra 15 seconds to give 135 seconds. Record your answer at (B).

_____ (B)

3. **Calculate the number of words you read in a second.**

Simply divide (A) by (B).

In the example, divide 365 by 135 to give 2.70 words per second. Record your answer at (C).

_____ (C)

4. **Convert this answer to words per minute**

Multiply (C) by 60. This will give you your reading speed in words per minute.

In the example, multiply 2.70 by 60 to give 162 words per minute. Record your answer at (D).

_____ (D)