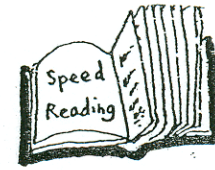


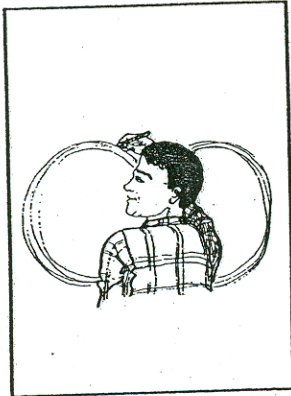
Speed-Reading

Skimming and scanning abilities made accessible

In speed-reading, one bypasses as much of the linear process as possible while still actively taking in information. Skimming is exploring the printed page for meaningful material, while skipping the redundant. Scanning is reviewing the data for anticipated information, such as a name or date. The skilled speed-reader varies his speed according to writing style and subject matter.



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Cross Crawl - p. 4
Any Lengthening - p. 17-22



Lazy 8s



Cross Crawl



The Owl



The Calf Pump

Test Taking

Relaxing the butterflies

Information which has been learned or experienced is stored in the long-term memory centers of the brain. The ability to retrieve and use this information, especially in a situation which tests our skills and abilities, requires focus and presence, without confusion, anxiety, or distraction.



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Space Buttons - p. 28
Cook's Hook-ups - p. 31
Cross Crawl - p. 4



Space Buttons



Cross Crawl



Water



Lazy 8s



Earth Buttons



Hook-ups