Do you find yourself taking a long time to complete reading assignments, or reading the same section multiple times? Follow these tips to improve your reading speed and reading comprehension.

1. **Avoid Sub-Vocalization**
   Sub-vocalization is when a reader sounds out each word in their head. This greatly slows down your reading. Your brain can process and understand the words much faster than you say them, so try to read without sounding the words out in your mind.

2. **Move your finger or a pen under each line as you read**
   Using a pointer will guide your eye along each line. This helps you focus and keep a steady pace.

3. **Use an app or website to help**
   Websites such as AccelaReader.com and apps like Spreeder can help train you to read faster by flashing one word at a time at an adjustable rate. This can help you break the habit of sub-vocalizing!

4. **Read groups of words**
   Focusing on each individual word can be time consuming; increase your speed by focusing on short groups of words. This takes practice to implement: start by reading two words at a time, and slowly increase as you gain practice.

5. **Avoid distractions**
   If you are easily distracted by sounds or interruptions, try finding a quieter place to do your reading. Put on headphones to block out external distractions. Dedicate time to your reading.

6. **Read more!**
   Set a goal for yourself to read a certain number of books each year, or one book a month, or whatever works for you. The more you read, the easier it gets to maintain focus!