

Practice Makes Perfect; Read Regularly

Part II of a two-part series.

After you have surveyed your reading habits for weak points, set the scene for efficient reading, and begin to work to increase your eye span, there are three additional steps to more effective reading.

Step 4 — Broaden your Vocabulary

The person with a good grasp of words is usually a good reader and a good student. Your vocabulary should continue to grow throughout your lifetime.

Keep a dictionary handy, whether you are reading for pleasure or for work. Also use the glossaries in your textbooks.

Make a list of new words. Jot down unfamiliar words. Look them up, and then make a point of using them once or twice in writing or in speech within the next few days.

Step 5 — Adapt Your Speed to the Material

Don't expect to read everything at the same rate. A good reader balances speed with comprehension.

Adjust your pace to your purpose. You can't expect to whiz through a biology chapter at the same rate you could read a light novel.

Scan the material first. Form the habit of glancing quickly at headlines, chapter head-

ings and subheads. Look for main ideas. Then decide which parts you can skim and which will need more careful reading.

Set aside 15 to 30 minutes daily to practice reading. Start with fairly easy material and short articles, such as ones in *Reader's Digest*. Your objec-

tive is to read with understanding at your best speed.

Compare your present reading speed with the following averages. The speeds generally accepted for average readers are: easy-to-light material, 250-350 words per minute (wpm); medium-to-difficult material 200-250 wpm.

When reading a text, first survey the entire book. Look over the table of contents, chapter headings, and sub-heads. Get an overview of the author's objectives by reading the introduction or preface.

Studying requires close reading because you will need to remember both the main ideas and supporting details. Underline major points as you read. Make margin notes of ideas that occur to you. After you finish reading, glance back over the entire chapter to see if you grasped the key points.

Step 6 — Practice Regularly

Reading can be a lifelong

pleasure for those who read with ease. Regular practice will help you to do so.

Time yourself for two pages of easy-to-average material and then compute your reading speed. Next, ask yourself some questions about what you have just read. If you missed important details, your speed was probably too fast for your present reading ability.

Read three or four easy-to-average articles each day for two or three weeks. make yourself go a little faster, but not so much that you miss key points. Record your speed.

Switch to more difficult material for another two or three weeks of practice. After six weeks you should have increased your speed and comprehension considerably.

Aim for a speed on easy material of about 300 wpm. At that rate, you are doing as well as the average good reader.

Maintain the habit of reading at least a half hour a day.

The pleasure and benefits of reading make it a rewarding hobby throughout life. You will be enriched by keeping up with newspapers, magazines and books. You will also enjoy more as your proficiency increases and will be continually adding to your knowledge.

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the Sun and his own *Purlie Victorious*.

Motion picture credits include *The Scalp Hunters*, *The Slaves*, *The Hill*, *The Cardinal* and *Purlie*. He has directed such films as *Cotton Comes to Harlem*, *Kongi's Harvest* and *Black Girl*.

Davis' television roles have been in a CBS Special "The Tenth Level," "The Defenders," "Bonanza," "The Sheriff," "Night Gallery," "Name of the Game," "Hawaii Five-O" and "Teacher, Teacher," which won an Emmy.

He wrote and directed a CBS Special called "Today Is Ours," based on "Glowchild" a book of poetry edited by his wife.

Dee and Davis currently are heard on 65 radio stations in the nation on the Ossie Davis and Ruby Dee Story Hours, sponsored by Kraft Foods on the National Black Network.

Miss Dee, who received a B.A. degree from Hunter College in New York, and Davis have three grown children.

This Friday Night, March 31st 9:00 at the
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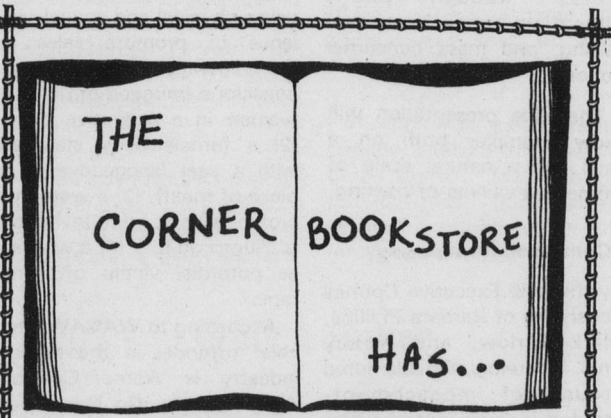
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 Wed. Night - Student display on geothermal energy by Bob Wall and Ken Tyson
 9:00 - Mike Kinnaird speaks on Space Solar Satellite Proposal & Solar Energy exhibit
 Thurs. - Joe Maher from Duke Power speaks on safety, uranium reserves, and nuclear power principles. 3:30 in Bowen Lounge (Founders)
 8:00 - Dr. Jose d'Arruda speaks on effects of energy depletion in Founders Gallery
 Fri. - 12:30 A multi-media presentation by Al Casella called "Beyond Nuclear, Coal and Fossil Fuels"
 2:30 - "Solar Energy Alternatives"
 Sat. 11:00-3:00 Energy Awareness Fair
 Mother Earth News on alternative lifestyles
 Al Casella on "Structure of the Energy Industry"
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