

# Efficient Reading on Screen

## Reading faster – with better comprehension

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IMPROVED READING:



Reading in the office now almost exclusively takes place on the screen. This is more exhausting than reading from paper and produces poorer results in terms of comprehension and retention. The exercises in this training were developed to facilitate and accelerate reading for meaning on the screen. Participants work hands-on directly on the computer on a learning platform, specially developed for this workshop.

Efficient reading involves two aspects: Optimized eye processes and flexible reading strategies for the appropriate approach to different texts. In the course, you will train your eyes to dynamically move forward in each line, taking in groups of words rather than one word after the other. This will allow you to more quickly identify what is relevant, vary your pace appropriately, and use different reading strategies.

When reading on screen, other factors also play a role. Conscious and careful use of the eyes as a "working tool" prevents signs of fatigue, concentration problems and possibly damage to health. In addition, simple tips and tricks make reading tasks on the screen easier to master.

### Course benefits:

- Gain time and improve text comprehension with efficient reading techniques
- Absorb content more easily, more concentratedly and more sustainably when reading on screen
- Reduce stress caused by information overload
- Easy transfer to everyday work, because all exercises are carried out directly on the screen



### Course content:

- Assessment of existing reading skills
- Recognising obstructive or inefficient reading habits
- Exercises to reduce three main reading faults and to practice efficient reading techniques
- Flexible reading strategies for different situations
- Tips and tricks for reading on screen
- Optimizing the dependencies between reading technique and concentration or memory
- Frequent, motivating tests in which participants assess their progress during the course for themselves
- Alumni website for former participants, "Stay tuned plan" and 12 part transfer email series (on request) for sustainable training and application in everyday work