

Length : **3 days**

Location : **On customer's premises**

Dates : **To be defined**

Who is this training for : **Everyone who needs to read large amounts**

The workshop is designed for non-native speakers of English who wish to improve their skills in reading English-language texts, to develop their personal potential in terms of both quantity (speed, volume read) and quality, and to better manage their academic workload.

The 3-day program consists of:

- A look at your individual reading habits and representations
- Analysis of reading as process (mechanisms and strategies)
- Practical, progressive, measurable exercises designed to foster long-lasting improvement in reading skills in terms of:
  - speeds
  - comprehension
  - retention
- Individual assessment and progress tracking in gaining speed
- Consideration of specific features of reading:
  - English language
  - scientific texts
- Discussion of the specific objectives of reading and learning for doctoral students writing a thesis
- Examination of principles and strategies for managing your reading load (handling texts, time management...)
- Study of memory and retention, including a review of note-taking methods
- Establishing personal goals

**Our recommendation** : The speed reading tutorial is ideally complemented by the following tutorials :  
**Time Management** and **Knowing and Developing your memory**