

Effective reading strategies

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| Duration: | 3 days |
| Location : | on your premises/remotely possible |
| Timetable: | to be defined |
| Groups: | 5 to 15 people |
| Target audience: | Anyone who needs to read effectively as part of their professional activity: researchers, technicians, administrative staff, etc. |
| Trainers: | Catherine Lelay, Laurence Moss, Marine Pansu, Marion Danton, Trinhity Tran, Pierre Belle |

This course provides practical methods for improving reading speed and quality. Based on an analysis of decoding, human visual mechanisms and cognitive processes, it raises awareness of individual habits and enables development strategies to be put in place. Since reading is a learning and training process, it is always possible, even in adulthood, to increase efficiency. The result will be renewed motivation to manage professional reading.

Overall educational objective

Develop reading and organizational skills for optimal cognitive processes.

Specific teaching objectives

- Analyze personal reading practices
- Understand the mechanisms involved in decoding and assimilating information
- Analyzing obstacles to concentration
- Know how to differentiate between the different reading techniques and choose them according to your needs
- Develop your personal potential in quantity and quality
- Increase your analytical and memorization power
- Acquire more fluent reading skills
- Choosing the right note-taking method
- Sharpen your motivation
- Developing personal goals
- Acquire methodological rigor in organizing readings

Teaching method

The training is based on a teaching pack entitled: *Lecture rapide - Lire vite, c'est lire mieux!* Gabriel Putto, Édition ALM-Formation (ISBN:2-913435-00-9), an empirical method that has proved its worth over the past twenty-five years. It helps to raise awareness of human visual and intellectual capacities.

This methodology is complemented by a variety of effective reading strategies that trainees can experiment with. They leave with a critical view of all existing methodologies and the ability to choose the most appropriate one for their reading needs.

We also offer a participative training approach that allows everyone to express themselves and share their experiences. Doctoral students can discuss their own problems and practices and, under the guidance of the trainer, find answers to their specific problems. These exchanges are a source of motivation and fulfillment.

Program

- Individual assessment and personal progress chart
- Theoretical input on reading mechanisms and strategies
- Practical, progressive and controlled exercises for a lasting increase in power and reading quality.
- Practical organization of your playlist.
- Elements of structural analysis of texts to understand and anticipate movements.
- Learn different reading strategies (integral, skimming, scanning...)
- Practice exercises on suggested and personal texts.
- In-depth analysis of obstacles to concentration
- How to boost motivation
- (Re)finding the pleasure of reading

The course is taught in English and French.