

OFFICIAL COURSE STUDY GUIDE

Read Faster, Remember More

*Efficient reading skills: what speed reading can and can't do, and how to
retain what you read.*

LEARNING & STUDY SKILLS · BEGINNER · 1 MODULES · 1 HR 19 MIN

Course by Thomas Frank · Curated and published by MegaCourse

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Read Faster, Remember More: The Complete Study Guide

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MegaCourse curates the world's best free courses into structured learning paths with study guides, practice material, and certificates. This guide accompanies the MegaCourse course "Read Faster, Remember More", taught by Thomas Frank. It is designed to be read alongside the video lessons and to serve as a standalone reference for review.

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INTRODUCTION

About This Course

Welcome to the official study guide for "Read Faster, Remember More." This course teaches you essential skills for efficient reading. In an age of constant information, the ability to read effectively is more important than ever. This guide will help you master strategies to process information quickly and retain it.

Many people struggle with slow reading or forgetting what they have just read. This course provides practical solutions to these common problems. You will learn how to increase your reading speed without sacrificing understanding. We also focus on techniques to remember more of what you read with less effort.

This study guide complements the video lessons taught by Thomas Frank. It reinforces the core concepts presented in the course. Use this guide to review material, complete exercises, and solidify your understanding. Our goal is to equip you with lasting reading habits that serve you well in all areas of your life.

Course Facts

FORMAT	1 modules · 10 lessons
VIDEO INSTRUCTION	About 1 hr 19 min
LEVEL	Beginner
CATEGORY	Learning & Study Skills
INSTRUCTOR	Thomas Frank
CERTIFICATE	Included with course completion on MegaCourse
COURSE HOME	megacourse.app/courses/read-faster-remember-more

What You Will Learn

- Increase reading speed without gutting comprehension.
- Attack textbooks strategically instead of front-to-back.
- Remember more of what you read with less re-reading.
- Match reading technique to reading purpose.

Who This Course Is For

This course is designed for anyone who wishes to improve their reading efficiency and comprehension. It is particularly beneficial for students, professionals, and lifelong learners facing large volumes of text. If you find yourself overwhelmed by reading assignments or struggling to recall information, this course is for you.

Participants should be comfortable reading English text. No prior experience with speed reading techniques or advanced study methods is necessary. This course begins with foundational principles and builds practical skills from there.

Before You Start

- No prior experience is required.

How to Use This Guide

This study guide is an integral part of your learning experience. We recommend watching each video lesson first to grasp the main concepts. After viewing a lesson, turn to this guide to review the material. Complete any practice exercises or reflection prompts provided to reinforce your learning.

The course is structured into one module with ten lessons. For optimal learning, aim to complete one to two lessons per study session. This pace allows ample time for you to absorb the information and practice new skills. Avoid rushing through the content; consistent, focused effort leads to better long-term results.

Utilize the review sections and any provided glossary to test your recall and understanding. If you encounter challenging concepts, revisit the relevant video lessons and sections of this guide. Active recall and spaced repetition are powerful tools for embedding information into your long-term memory.

CHAPTER 1

Efficient Reading and Retention Strategies

This chapter introduces fundamental strategies for reading more effectively and remembering what you read. You will learn how to build a consistent reading habit, select material that genuinely interests you, and approach different types of texts strategically. The focus is on practical techniques that improve both reading speed and comprehension.

You will also explore the science behind how we read, understand the true capabilities and limitations of speed reading, and discover proven methods to retain information for the long term. By applying these techniques, you can transform your reading process, making it more productive and enjoyable, whether for academic study or personal growth.

Building a Reading Habit and Choosing Wisely

Covers: Read More Books: 7 Tips for Building a Reading Habit · How to Find Books That are Actually Worth Your Time · What to Do If You Hate Reading

Many people struggle with reading consistently or find it a chore. Building a strong reading habit is foundational to becoming a more efficient reader. It ensures you get enough practice and exposure to different texts. One key step is to make reading a regular part of your day. Start small, perhaps with just 10 to 15 minutes daily. Choose a specific time and place, treating it like any other appointment. Consistency is more important than duration in the beginning. For example, reading for 15 minutes before bed every night builds a stronger habit than reading for two hours once a week.

If you find yourself disliking reading, the problem often lies with the material, not with reading itself. Begin by reading subjects you genuinely enjoy. This could be fiction, non-fiction about a hobby, or even articles related to your career interests. The goal is to associate reading with pleasure, not obligation. Do not feel pressured to finish every book you start. If a book does not capture your interest after a few chapters, set it aside. Your time is valuable.

Finding books that are worth your time requires a deliberate approach. Do not just pick up the first book you see. Utilize resources like online reviews, recommendations from trusted friends or experts, and curated lists. Explore different genres and authors. Many libraries offer digital services to preview books or read excerpts, which can help you decide before committing. Consider the author's background and credibility. Look for books that address specific questions you have or offer new perspectives on topics you care about. A book that resonates with your current interests will be far easier to read and remember.

To cultivate a reading habit, try these steps:

1. **Set a daily minimum:** Commit to reading for a short, consistent period each day.
2. **Choose enjoyable material:** Prioritize books or articles that genuinely interest you.
3. **Create a reading environment:** Find a quiet, comfortable place free from distractions.
4. **Carry a book:** Always have something to read with you for unexpected free moments.

5. Track your progress: Keep a simple log of books read or pages completed to see your progress.

Remember, the goal is not to read everything, but to read what is valuable to you. This approach makes reading a sustainable and rewarding activity.

The Science of Reading Speed and Effective Techniques

Covers: 5 Ways to Read Faster That ACTUALLY Work · The Science Behind Reading Speed · Do Speed Reading Apps & Techniques Really Work?

Understanding how our eyes and brain process text is crucial for improving reading speed. When we read, our eyes do not move smoothly across the page. Instead, they make rapid, jerky movements called *saccades*, stopping briefly at points called *fixations*. During these fixations, our brain processes the words. Most people read one or two words per fixation. A common habit is *subvocalization*, silently sounding out words in your head. While natural, excessive subvocalization can limit reading speed to your speaking rate.

Many so-called speed reading techniques promise dramatic increases in words per minute (WPM), often claiming thousands of WPM. However, these often come at a significant cost to comprehension. Techniques like rapidly scanning lines or reading only key words can make you feel faster, but your brain struggles to build a coherent understanding of the text. The scientific consensus is that there is a trade-off: beyond a certain point, increasing speed inevitably decreases comprehension.

Effective strategies focus on optimizing your natural reading process without sacrificing understanding. Here are five proven methods:

- 1. Reduce Subvocalization:** While eliminating subvocalization entirely is difficult and not always desirable (it aids comprehension), you can reduce its impact. Try to focus on the meaning of groups of words rather than individual words. Some find chewing gum or humming a tune while reading helps.
- 2. Expand Your Fixation Span:** Train your eyes to take in more words with each fixation. Instead of focusing on every single word, try to see two or three words at once. Practice by focusing on the center of a short phrase and trying to absorb the words on either side.
- 3. Minimize Regressions:** Regressions are when your eyes jump back to re-read words or sentences. This habit significantly slows you down. Often, regressions happen because of a lack of focus. Use a pointer, like your finger or a pen, to guide your eyes across the page. This simple technique, called *metaguiding*, helps maintain focus and prevents your eyes from wandering backward. Move the pointer steadily, slightly faster than your comfortable reading pace, to gently push your speed.
- 4. Increase Focus:** Distraction is a major barrier to speed. Create a dedicated reading environment. Turn off notifications. Practice sustained attention for longer periods.
- 5. Preview the Material:** Before reading in detail, skim the headings, subheadings, introduction, and conclusion. This pre-reading gives your brain a framework for the information, making it easier to process when you read through it more thoroughly.

Speed reading apps often use techniques like Rapid Serial Visual Presentation (RSVP), where words flash one by one in the center of the screen. While this eliminates saccades, it can hinder comprehension because it removes the ability to re-read or pause, which are crucial for complex texts. Focus on

techniques that allow for flexibility and maintain comprehension. The goal is efficient reading, not just fast reading.

Strategic Reading for Textbooks and Academic Materials

Covers: How to Read Your Textbooks More Efficiently - College Info Geek · 5 Active Reading Strategies for Textbook Assignments · Do You Actually Need to Read Your Textbooks?

Textbooks present a unique challenge. They are dense with information, and simply reading them from cover to cover is often inefficient and ineffective. The first step is to question whether you need to read the entire textbook. Often, instructors assign specific chapters or sections. Focus your energy there. Even within assigned sections, not all information holds equal importance. Your reading purpose should dictate your approach. Are you looking for specific facts, understanding a broad concept, or preparing for an exam?

A highly effective strategy for textbooks is the SQ3R method: Survey, Question, Read, Recite, Review.

1. **Survey:** Before reading any chapter in detail, skim it. Look at the title, introduction, headings, subheadings, bolded terms, images, charts, and the conclusion. Read the chapter summary or review questions if available. This initial survey gives you a mental map of the content and activates prior knowledge. It takes only a few minutes but significantly improves comprehension.
2. **Question:** As you survey, turn each heading and subheading into a question. For example, if a heading is "The Causes of World War I," ask yourself, "What were the main causes of World War I?" Write these questions down. This active questioning creates a purpose for your reading and helps you focus on finding answers.
3. **Read:** Now, read the chapter section by section, actively seeking the answers to your questions. Do not just passively absorb words. Read with a pen or highlighter in hand, but use them sparingly. Highlight only key phrases or sentences that directly answer your questions or present core concepts. Avoid highlighting entire paragraphs, as this defeats the purpose of identifying essential information.
4. **Recite:** After reading a section, pause and try to *recite* the main ideas in your own words. Answer the questions you formulated earlier without looking at the text. You can speak these answers aloud, write them in a notebook, or explain them to an imaginary listener. This active recall is a powerful memory aid. If you cannot explain it, you likely do not understand it well enough.
5. **Review:** Once you have finished the entire chapter, review your questions, answers, and any notes you took. Look over your highlights. This review reinforces the material and helps transfer it from short-term to long-term memory. Schedule regular review sessions, perhaps a day later, a week later, and a month later, to combat the forgetting curve.

Beyond SQ3R, other active reading strategies for textbooks include:

- **Annotating:** Writing notes, summaries, or questions in the margins of your textbook (if it is yours) or in a separate notebook.
- **Connecting ideas:** Actively look for how new information links to what you already know or to other parts of the course. Create mental models or diagrams.

- **Predicting:** Before reading a section, try to predict what information will be covered based on the heading. Then read to confirm or correct your predictions.

Remember, reading textbooks is not a passive activity. It requires engagement and a strategic mindset to be effective.

Enhancing Memory and Retention

Covers: How to Remember More of What You Read

Reading faster is only half the battle. The true measure of efficient reading is how much you remember and can apply. Many people read a book, only to forget most of its content within days. To combat this, you need to employ active memory strategies that go beyond simple re-reading.

The most powerful technique for remembering what you read is **active recall**. Instead of passively re-reading notes or chapters, actively test yourself on the material. After reading a section or chapter, close the book and try to summarize the main points in your own words. Ask yourself questions about the content and try to answer them without looking at the text. This effortful retrieval strengthens the memory trace. Examples of active recall include:

- Using flashcards for key terms and definitions.
- Explaining a concept aloud to yourself or someone else.
- Writing a summary from memory.
- Creating a mind map of the chapter's ideas without referring to the book.

Another crucial strategy is **spaced repetition**. Our brains are designed to forget information over time unless it is reinforced. Spaced repetition involves reviewing material at increasing intervals. For instance, review a topic one day after reading it, then three days later, then a week later, then two weeks later, and so on. This method uses the forgetting curve, ensuring you revisit information just as you are about to forget it, making the memory stronger each time. You can implement this with physical flashcards, digital flashcard apps, or simply by scheduling review times in your calendar.

Connecting new information to existing knowledge also significantly boosts retention. When you encounter a new concept, ask yourself:

- How does this relate to something I already know?
- Can I think of an example from my own experience?
- How does this concept fit into the bigger picture of the subject? Making these connections creates a richer, more interconnected web of knowledge in your brain, making it easier to retrieve later.

Finally, **teaching others** is an excellent way to solidify your understanding. When you explain a concept to someone else, you are forced to organize your thoughts, clarify ambiguities, and articulate the information clearly. This process reveals gaps in your own understanding and reinforces what you already know. Even if you do not have someone to teach, imagine you are explaining it to a novice. This mental exercise is highly effective.

By combining active recall, spaced repetition, making connections, and teaching, you move beyond passive consumption of information to active engagement, ensuring that what you read truly sticks.

KEY TAKEAWAYS

- Building a consistent reading habit, even for short periods daily, is essential for improving reading skills over time.
- Choose reading material that genuinely interests you to foster enjoyment and overcome reading aversion.
- Effective reading speed techniques focus on reducing subvocalization, expanding fixation span, and minimizing regressions, not just scanning.
- Extreme speed reading often sacrifices comprehension; the goal is efficient reading with understanding.
- Approach textbooks strategically using methods like SQ3R to survey, question, read, recite, and review.
- Active reading strategies, such as annotating and connecting ideas, are crucial for academic success.
- Active recall and spaced repetition are the most powerful methods for remembering what you read long-term.

CHECK YOUR UNDERSTANDING

Answer these before moving on. Model answers are in the Answer Key at the back of this guide.

1. What are two common reasons people struggle with reading, and how can they be addressed to build a stronger reading habit?
2. Explain the difference between saccades and fixations in the context of reading, and how understanding them helps improve reading speed.
3. Name three effective techniques for increasing reading speed without sacrificing comprehension.
4. Describe the core steps of the SQ3R method and explain why each step is important for reading textbooks.
5. Why is active recall considered more effective than re-reading for remembering what you read?
6. How does spaced repetition work, and what is its primary benefit for long-term retention?

REFERENCE

Glossary

Active recall

A learning technique where you actively retrieve information from memory, such as by testing yourself or summarizing from memory, rather than passively re-reading.

Fixations

Brief pauses our eyes make on specific words or groups of words during reading, where the brain processes information.

Metaguiding

Using a pointer, like a finger or pen, to guide your eyes across the page, improving focus and reducing regressions.

Saccades

Rapid, jerky eye movements that occur when reading, moving the eyes from one fixation point to the next.

Spaced repetition

A learning technique that involves reviewing material at increasing intervals over time to improve long-term retention.

Sq3r method

A five-step active reading strategy for textbooks: Survey, Question, Read, Recite, Review.

Subvocalization

The habit of silently "sounding out" words in your head as you read.

REFERENCE

Answer Key

Chapter 1: Efficient Reading and Retention Strategies

1. What are two common reasons people struggle with reading, and how can they be addressed to build a stronger reading habit?

People often struggle with reading due to a lack of consistent habit or disinterest in the material. To address this, commit to short, daily reading sessions to build consistency. Also, choose books or articles that genuinely interest you to make reading enjoyable and overcome aversion.

2. Explain the difference between saccades and fixations in the context of reading, and how understanding them helps improve reading speed.

Saccades are the rapid eye movements between words, while fixations are the brief stops where the brain processes information. Understanding these helps improve speed by encouraging readers to minimize regressions and expand their fixation span to take in more words per stop.

3. Name three effective techniques for increasing reading speed without sacrificing comprehension.

Three effective techniques for increasing reading speed without sacrificing comprehension are reducing excessive subvocalization, expanding your fixation span to read more words per fixation, and using metaguiding (a pointer) to minimize regressions and maintain focus.

4. Describe the core steps of the SQ3R method and explain why each step is important for reading textbooks.

The SQ3R method involves Survey (skimming for an overview), Question (turning headings into questions), Read (actively seeking answers), Recite (summarizing in your own words), and Review (revisiting material). Each step enhances comprehension and retention by creating a framework, setting purpose, encouraging active engagement, and reinforcing learning.

5. Why is active recall considered more effective than re-reading for remembering what you read?

Active recall is more effective than re-reading because it forces your brain to retrieve information from memory, which strengthens the neural connections. Re-reading can create an illusion of knowing without actual understanding, whereas active recall tests true comprehension and retention.

6. How does spaced repetition work, and what is its primary benefit for long-term retention?

Spaced repetition involves reviewing material at progressively longer intervals over time. Its primary benefit is to combat the natural forgetting curve, ensuring that information is revisited just before it would be forgotten, thereby embedding it more deeply into long-term memory.

CLOSING

Where to Go Next

After completing "Read Faster, Remember More," your next step is to consistently apply the skills you have gained. Integrate these efficient reading strategies into your daily routine. Practice reading various types of material, including academic articles, reports, and books.

Consider maintaining a reading log to track your progress. Note improvements in your reading speed, comprehension, and retention across different texts. This self-monitoring helps you identify areas where you can continue to refine your techniques.

To further enhance your overall learning abilities, explore other MegaCourse offerings. Courses focused on effective note-taking, critical thinking, or memory improvement naturally complement the reading skills you have developed here. Building a robust set of study skills will benefit you throughout your educational and professional path.



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