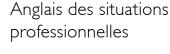
# Active reading on paper and on the screen



le plaisir de progresser"

Ref.AR

## **Objectifs**

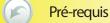
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- Adapt your speed and methods to the reading objective.
- Read more quickly both on paper and on the screen without losing in comprehension.
- Quickly recover and retain the information from what has been read.

## Pédagogie

- The practice exercises constitute about 80% of the seminar and are contained in a participant's file and on the computer programme "Reading on the screen" developed by expert consultants from Centor Idep using the latest research from the scientific field.
- Each participant has a PC at his/her disposal and each participant's progress on paper and on the screen is evaluated.
- For each practice exercise, comprehension and retention of information is tested.

## Public concerné



"Le choix de se former

Managers, engineers and all persons having to read English on a regular basis.

## **Préparation**

Each participant receives a confirmation of their enrolment 3 weeks before the start of the seminar. This is accompanied by a questionnaire, asking about reading habits, difficulties encountered, and specific needs relating to the subject. In addition, they receive a self-assessment of present reading habits.



## Et ensuite...

#### Suivi en situation :

- 3 entretiens téléphoniques d'I heure,

avec un formateur, répartis sur 3 mois

- Ou 2 heures d'entretien en face à face Tarif du suivi : 300€HT

At least an intermediate level in understanding

of written English. Open also to native speakers.

#### Stage complémentaire :

Cross-cultural awareness and skills.



## Programme

## The physical process of reading – developing your visual agility

- Adapting the eye movements to the layout of the text and reading objective: horizontal, vertical or diagonal sweep.
- Training yourself to change the way your eyes move over the text.
- Increasing your field of vision.

## The mental process of reading – developing your mental agility

Efficient reading depends on the following five elements:

- Motivation what motivates us to read the text ?
- Anticipation what are the techniques to better anticipate the contents of a text and so approach the text in a more active way ?
- Concentration how do we keep up our attention while reading a relatively long and complicated text ?
- Comprehension how do we increase our reading speed while maintaining a good level of comprehension ?
- Memorisation what are the techniques for retaining information and recovering the essential information at a later date ?

## Adapting the reading strategy to your objective

- How to put in place the different reading strategies of scanning, skimming, sightseeing, in-depth, and reading for pleasure ?
- Why are we reading a particular text and what is the strategy which is best adapted to that objective ?
- Applying the strategy in a systematic way what are the different steps of each strategy.

## Reading on the screen

- What are the differences between reading on paper and on the screen ?
- How to avoid eye fatigue while reading on the screen ?
- How to apply the reading strategies to reading on the screen ?
- Exercises on the screen to develop concentration, to improve anticipation and improve comprehension.

