

Reading for Speed and Retention on Electronic Devices

This has been developed for Members from Epping Forest District Council who need to be able to read and summarise information from electronic devices and written text faster, and more effectively. The seminar focuses on the different types of reading styles and encourages better retention of written material by making use of specific techniques.

Programme Objectives

By the end of this programme delegates will be able to:

1. Co-ordinate eye movements better to minimise any poor reading habits
2. Identify and minimise barriers to reading
3. Read from electronic screens more efficiently by using a range of techniques
4. Improve retention of information by using an active reading style.

Further Information

The session focuses on how our brain absorbs and process information, including the relationship between eye and brain. The session also explains different types of reading styles and how to learn new, positive reading habits.

Duration: 2.5 hours