Welcome to the Webinar!

Instructor:
Paul Nowak | paul@irisreading.com
Founder | Iris Reading

When was the last time you learned how to read?

Do you easily “space out” while reading?

Using Your Hand as a Guide
Improves Your Focus
What if my textbook is on a digital device?

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Use AccelaReader.com for Digital Reading

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What If You Don’t Have Time To Read It?

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Use SummarizeThis.com To Summarize Digital Text

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Nearly 700 scientists representing 17 countries convened at the University of Zurich Monday to formally announce that their experimentation on mice has been motivated not by a desire to advance human knowledge, but out of their distaste for the furry little rodents. "As a man of science, I deal with facts, and the fact is that mice are gross," said Dr. Douglas White, chair of the Oxford Biometrics department and lifelong mouse-hater. "They're ugly, myoclonic jerking little vermin, and they make my skin crawl. I speak for all of my assembled colleagues when I say that the horrid little things deserve the worst we can dish out."

"The truth is, mice are particularly ill-suited for our issue study," Gresham added. "We could construct a computer model that would yield more accurate results, but we don't care."

According to Gresham, scientists have enjoyed dissecting mice in acid, spinning them in centrifuges, blowing them up in vacuum chambers, and forcing them to navigate anti-freeze mazes for years—all the while laughing and "Every high-pitched squeak from the holding area is a warm reminder that the mice desperately want to escape," said Dr. Frances Wharton, a contagious-disease researcher at the University of Aberdeen. "It's one more way to show these little rodent things how much we don't value them, poor things.

Adjust Your Reading Speed

Slow down on the first sentence, then speed up a little after the first sentence

The Deadline Strategy

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The Deadline Strategy

Measure: How long does it take to read 1 page? Now try to beat that time

“What gets measured, gets managed.”
-Peter Drucker, Business Management Guru

How To Deal with Diagrams, Charts, Formulas, etc.

“Whoops, that’s upside down.”
Dealing with Footnotes

Footnotes:

31 Taylor, Sources of the Self, 347.
32 See ibid., 66–7.
33 Ibid., 337.
34 Even the neutral monist ontology of “experience” that Dewey developed in Experience and Nature.

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The Note-Taking Problem

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When Should I Take Notes?

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How Should I Take Notes?

Option #1: Mind Mapping

Recommend Software: XMind.net

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How NOT To Take Notes

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Highlighting

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Good

Bad

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How to Create A Mindmap

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How Should I Take Notes?
Option #2: Outlines

ORIGINS OF AGRICULTURE

I. AGRICULTURE COMPARED TO HUNTING/GATHERING
A. Advantages of Agriculture
   1. More abundant at least
   2. Agriculture - 1 sq km supports 90 people
   3. Battel/eating - 1 sq km supports 5 people
   4. More stable food source throughout (better storage)
   5. Harvesting equipment (hoe)

B. Disadvantages of Agriculture
   1. Malnutrition
   2. Diseases (more crops in a crop)
   3. Labor intensive in critical sessions
   4. High risk of crop failures

II. IDENTIFYING DOMESTICATES IN ARCHAEOLOGICAL RECORD
A. Phases
   1. Small domes (big size)
   2. Temples (domes to holes)
   3. Domed structures (suitable as a 5 mm)
   4. Textiles and tools
   5. Found outside of range of distribution

B. Animals
   1. Horses change in morphology
      a. Examples: shapes
      b. Body size changes
   2. Changes in coat of fur
   3. Agroclimatic distinctions (suitable/correlations
      a. few of sales
      b. many different young males
      c. many males
   5. Found outside of range of distribution

Remember: Repetition Helps You Remember

How Should I Take Notes?
Option #3: Notes in the Margin

One of the most famous events in ancient history is the Trojan War. The war is well-known for its length, legendary heroes, and its tragic end. However, many may not be familiar with the reason for its existence. Supposedly the gods were not pleased with the actions of the Trojan city of Troy and decided to punish it. The city of Troy was well-known for its wealth and beauty, which the gods considered excessive. As a result, they inflicted a powerful curse upon the city. The curse was that the city would be destroyed by a great flood. In order to save the city, the gods decided to send a powerful hero, the great warrior Achilles, to help the Trojans. Achilles was a messenger of the gods and was sent to the city to protect it. The Trojans, however, did not see the need for a hero and continued to ignore the gods' warnings. This led to a great battle that lasted for many years, during which the gods continued to intervene and support the Trojans. The war ended with the fall of Troy, and the city was destroyed. How should we remember this event? One effective method is to take notes in the margin of the text, highlighting key points and making connections to other events. This can help reinforce the material and make it easier to recall in the future.

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How Do Songs Get Stuck in Your Head?

One of the most common experiences people have is when a song gets stuck in their head. This can happen to anyone, regardless of age or background. The reason behind why songs get stuck in our head is quite fascinating. The brain has a natural tendency to remember patterns and melodies, which makes it easy for songs to stick in our heads. In order to overcome this, some people try to suppress the song or avoid listening to it altogether. However, this only makes the situation worse. A better approach is to acknowledge the presence of the song and try to engage with it in some way. For example, you can try learning the lyrics or playing along with it. This can help shift your focus away from the song and make it easier to forget. How do songs get stuck in our heads? It's a complex process, but understanding the reasons behind it can help you manage it more effectively.

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To Remember Technical Material
You Need REPETITION

Note-Taking is a Form of Repetition

Remember: Repetition Helps You Remember
Try the "Read & Recall Exercise" to Improve Retention
1. Read a paragraph
2. Take a quick note (a keyword or phrase)
3. Repeat
Try doing this for 15 minutes a day, 2 weeks

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The Read & Recall Strategy

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Reading Strategies for Tests (ACT or SAT)

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How To Deal with Technical Terms

Abstract Information = harder to remember

Visual Information = easy to remember

How To Deal with Technical Terms

Technical Term: conterminous
(Hard to Remember)

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How To Deal with Technical Terms

Abstract vs. Visual
“The Baker / Baker Paradox”

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How To Deal with Technical Terms

The “Similar Sound” Technique

Helps You Remember the Meaning of a Technical Word
By Linking the Meaning to a Visualization

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How To Deal with Technical Terms

The “Similar Sound” Technique

Basic Examples:
"Salary" sounds like "celery"
"Freedom" sounds like "fried ham"
"Happiness" sounds like "happy nest"

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How To Deal with Technical Terms

The “Similar Sound” Technique

Acronym Examples:
"KAJ" sounds like "cage"
"ROX" sounds like "rocks"
"ZYL" sounds like "seal"
"XAC" sounds like "sack"

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How To Deal with Technical Terms

The "Similar Sound" Technique

Example:
"Claustrophobia"

Definition:
The fear of closed spaces

But you already knew that...

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<table>
<thead>
<tr>
<th>How To Deal with Technical Terms</th>
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<tbody>
<tr>
<td><strong>Claustrophobia</strong></td>
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<tr>
<td>Santa Clause + Phobia =</td>
</tr>
<tr>
<td>Santa Clause has a fear of tight chimneys</td>
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<tr>
<td>&quot;The balloon is afraid of needles&quot;</td>
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How To Deal with Technical Terms

The "Similar Sound" Technique

Anthrophobia

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Remember: Images Are Easy To Remember
So if you have a technical term, turn it into an image

Reading Problem: “What did I just read?”

How To Avoid Re-Reading
Try Re-Reading Strategically

Reading for Long Periods of Time?
Try the “25-5” Strategy
Read for 25 minutes
Break for 5 minutes
*Or take notes for 5 minutes
Then Repeat...
Done Reading Your Chapter?

Now What?!!

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After You Finish Reading

1. Re-read any sections that you didn't understand
2. Re-read headings, sub-headings, bold-faced words
3. If you need to memorize anything, do this now

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Quick Test...

Can you remember the definitions of the phobias we covered?

- Belonephobia
- Anthrophobia

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Quick Test...

Can you remember the definitions of the phobias we covered?

- **Belone**phobia: fear of needles
- **Anthro**phobia: fear of people

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Congratulations!

Success.

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- Mind Mapping Course
- Productivity Course
- Focus Course

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