

## lfef06232002-a

### The Truth About Comprehension

Many people have been told of the importance of comprehension. I see people reading slowly all the time because they want to make sure they remember and understand what they read.

Then there are others who somehow got the idea from a speed reading course they took that they will comprehend more if they read faster, because the amount of time from one idea to the next isn't as long as for a slower-paced reader. Well, that's not quite right either.

The truth is that the best speed reading systems are "multiple pass" systems, which means that you go through the material several times at different speeds and in different ways. I'm going to talk about the importance of the first pass here.

The first pass should be very quick and you should really only focus on those things you already know. Why? Because you are finding a bunch of landmarks that your familiar with that you can later relate additional information to when you make your next pass through your reading material.

So your real goal the first time through the material is NOT to understand it. Your real goal is to find those landmarks you ALREADY KNOW. And if you're worried about comprehension, the anxiety you feel will hold you back from finding those landmarks quickly and actually delay your understanding of what your reading.

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