



UNIVERSITÄT  
BAYREUTH

Bayreuth International Graduate School of African Studies – GSC 144



# WORKSHOP

## Speed & Deep Reading of Scientific and Other Texts

with

**Sabina Lammert**  
**(Ritter Deep Reading)**

04 – 05 August 2022

9 am - 5 pm

Online via Zoom

Participation **only with prior registration** until **24 July 2022**  
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The number of participants is **limited to 12**.



## CONTENTS

The Speed & Deep Reading Workshop is composed of a total of 9 components: 4 reading components on the first day and 5 in-depth components on the second day.

### Day 1:

#### **1st Reading Component: Speed Reading**

In a study conducted in 2017 with the Cologne University of Sports in the Department of Cognitive Science, it was shown that participants of a RITTER DEEP READING training read scientific and other texts 40 to 90% faster than before the training as well as than a control group. The reading quality not only remained the same, but even experienced a slight increase compared to the initial tests and the control group. The reason for this was the activation of a different cognitive state. On Day 1 of the workshop, you will learn the techniques necessary to achieve a comparable increase in speed. Your progress will be tested so that you experience the results already during the seminar.

#### **2nd Reading Component: Modulated Reading**

A slow basic speed promotes precise absorption of details, while an increased basic speed improves your ability to see connections and key messages as well as to grasp long, convoluted sentences. With modulating your reading, you learn to optimally adjust your reading speed, paragraph by paragraph, to the demands of the text and the reading goal, similar to operating a gear shift when driving a car.

#### **3rd Reading Component: Memorizing Reading**

You will learn reading tactics and strategies to increase your reading accuracy, strengthen your concentration, correct typical reading errors, improve your focus, and strengthen your memory of what you read.

#### **4th Reading Component: Motivated Reading**

Your cognitive performance is strongly linked to your intrinsic motivation. With the fourth reading component, you will acquire a mindset to maintain reading



motivation throughout the course of a busy workday and in this way experience relief and more enjoyable workflows.

## Day 2:

### **1st Deepening Component: Distilling**

On the second day, you will practice almost exclusively with your own scientific texts that you still need or want to read anyway. While the first day is mostly about cognitive training, the second day is more about reading tactics and strategies. With the first deepening component, you learn how to quickly track down the essential information in your texts and extract it. This way, on the one hand, you will save yourself a lot of time and, surprisingly, you will also be able to remember crucial information better, since you will not experience typical information overload.

### **2nd Deepening Component: Highlighting**

With this component you learn procedures how to highlight important contents not only in writing but also mentally. A better memory access is a directly experienceable consequence.

### **3rd Deepening Component: Visualizing:**

You will learn how to quickly and easily visualize complicated information in a way that makes it easier for you to understand concepts and remember key messages in the the long term.

### **4th Deepening Component: Archiving:**

Most readers forget what they have read. This is because lasting memorization requires long-term repetition. You will learn an archiving system with which you can recall what you have read without spending a lot of time.

### **5th Deepening Component: Presenting:**

Do you know the situation where you have read a text, but subsequently have difficulty expressing the heart of the matter in an elegant way? You will learn how to acquire knowledge in such a way that you can express it afterwards: in your written work, in presentations, exams, conversations and discussions - in the form of answers, solutions and ideas.