

# Compass Reading Instructions Update

## Understanding Practice Days vs. Counting Days

Read the chapter in the book for the Compass Reading. The following instructions update those in the book and simplify the process.

We have discovered that doing more reading practice along with twice-a-week Counting is just as beneficial and students enjoy it more.

So do **two Counting Days** per week and **three Practice Days** a week (details follow). Do a Counting Day when first starting the Compass Reading exercise and then at minimum, preferably the day before your phone call appointment.

For Counting Days, use different sections of the same book or books by the same author (see a suggested book list later) so that there is consistency in reading difficulty and style. Over the weeks, this allows for more accurate comparisons for reading speed, and you can actually see the difference, esp. if you graph the numbers on a spreadsheet (ask for an example spreadsheet file). If you do change reading grade level or difficulty, let your trainer know. He or she will be graphing the reading speeds over time and can annotate the graph where those changes occur.

## Counting Days

When doing a Counting day, have the student read as fast as they can for 30 seconds in each of the 8 directions. Make a pencil mark or highlighter mark at the end of each 30 seconds. Have the student count the words without using a pencil or other pointer (focus on tracking the eyes correctly). Write down the word count and multiply by 2 to get the words per minute rate or W.P.M. On the updated Compass Reading Daily Record Sheet with the split cells, write the 30-second count in the upper triangle. Multiply by 2 and write the resulting 60-second equivalent count in the lower triangle. For the continuous Spinning Clockwise (CW Spinning) or Spinning Counterclockwise (CCW Spinning), time for 60 seconds, count the words and write down the numbers. No need to multiply.

If reading gets quite quick, i.e. 400 wpm, then switch to **Approximation Counting** (see below) and read for 1 minute in each of the eight directions.

### Tips for the Coach:

- Watch for unusually long sections (spaces between marks) as kids have been known to add some extra lines that they are not really comprehending to dishonestly improve their numbers.
- **Quiz the student at random times** (between passages) to see if they are really comprehending what they are reading.
- Use a new Compass Reading Daily Record Sheet with every new Assignment Sheet.

## Practice Days

**On Practice Days, have the student read as fast as they can for 60-90 seconds in each direction and 2-3 minutes for the continuous spinning items.** On those days

you don't have to count. Use any appropriate reading material such as a school book, magazine or better yet, one of the suggested books. The student should push themselves to increase their reading speed from day to day. There is nothing to write or record on the Compass Reading Daily Record Sheet on those days. Just record the time on the Assignment Sheet.

## ***Difference between Out Loud and Silent Reading for the Compass Reading Exercise – Read and Explain to the Student***

### **Out Loud Reading**

When you are doing the out loud portion of the Compass Reading exercise, you will be initially dissecting each word into its syllables, then pronouncing the syllables combining them to form each word, then assembling the components into the proper word and the words into a sentence which has meaning. Take time to enunciate each word clearly and avoid skipping small words. Notice the details. No mumbling or slurring words. This will not only improve your reading, but the speech-related cortices of your brain, helping you to speak faster and more clearly in the future. Of course it will also dramatically help your reading speed and comprehension. As we track and graph your reading speed over a number of weeks, the speed will increase gradually, having its ups and downs. This is normal. Your goal is to get to a consistent 200-250 words a minute out loud, and then switch to Silent Reading. However, your Sharper Minds trainer will make the decision when to switch you.

Be sure to do both the Counting Days and the Practice Days with **double or triple time** on the Practice Days as compared to the Counting Days.

### **Silent Reading**

As you are reading your materials, avoid moving your lips or sounding out each word in your mind even though your lips may not be moving or saying anything. Do **not** dissect the words into syllables in this case. Simply recognize the entire word, grasping the whole word at a glance and mentally process it as a snapshot or mental picture which has meaning. **Just glance at the word and understand the meaning of the word within the context of the entire sentence.** If you do not understand the word, use the context of the sentence to help you figure out the meaning as you skim over the sentence. In this case, you will be eventually skimming quite rapidly, while continuing to notice the details and short words and how they fit into the sentence. Eventually you may grasp 2, 3 or 4 words at a time or an entire line of text to read much faster.

Make sure you are comprehending what you are reading as speed without comprehension isn't worth much. You will be **quizzed randomly** to make sure you are comprehending what you are reading.

The goal is to get to automaticity<sup>1</sup> in the mechanics of reading to the point where you can focus easily on the meaning of what you are reading (comprehension).

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<sup>1</sup> Automaticity is the ability to do something competently without thinking about it because it has become so routine through practice. Examples are driving, knitting, crocheting, typing/keyboarding, speaking a language by experienced people.

Your reading speed should increase at a more rapid rate with silent reading. Reasonable speed goals are 300-400 words per minute, though many students achieve 600-1000+ words per minute.

Historically with Sharper Minds clients, plateaus in reading speed are extremely rare, meaning that by practicing the Compass Reading exercise and pushing yourself over extended periods of time, you can take your reading speed to virtually any rate, even well over 1000 words per minute. Most people stop when they are happy enough with their reading speed.

## **Faster Word Counting for the Compass Reading Exercise**

When you are reading at higher rates of speed (e.g. 300+ wpm) or for longer intervals of times (Counting Days of 1 minute instead of 30 seconds per direction – see below), it becomes rather laborious to count every word individually. Following are 2 methods that can speed up your counting that are adequately accurate.

1. **Count your words 5 at a time:** Since you practiced skip counting in the math charts, you can count five words at a time. Of course you are going to go far beyond what you learned earlier, but this is still a good exercise in math. In this method, you simply snake back and forth through the rows of text that you read, counting in groups of five words at a time until the last partial set.
  
2. **Approximation counting**
  - a) **Determine the average words per row count:** First count the number of words in 10 *full* rows in your reading material. Take the total number of words and divide by 10 to get the **average words per row** count. Write that down.
  - b) **Count the number of rows read:** Next count the number of full rows within the section that you just finished reading, and then add in an estimate for the partial row at the beginning and at the end of the section. For example you might have read 17 full rows of text with half a row (.5) at the beginning and three quarters of a row (.75) at the end. Add these numbers together (18.25).
  - c) **Approximate the number of words:** Multiply the number of rows read times the average words per row count. This will give you a pretty good approximation of the number of words in that section. Write that on your Compass Reading Record Sheet.
  - d) Repeat this for each of the 8 directions and the CW Spinning and CCW Spinning categories.

If you have gotten to the point where you are reading really fast and doing Approximation Counting (which is pretty quick), **then double the time spent on the reading exercises for the counting days**. In other words, **read for 1 minute (60 seconds) in each of the 8 directions** and use one of the above methods to make it easier to determine your reading speed.

In this case, write the 1 minute count directly into the lower triangles on the recording sheet (no need to multiply by 2) and also stay with the 1 minute for the CW Spinning

and CCW Spinning categories. Total time is only 10 minutes for reading, plus counting time, which is a lot less time than you were spending before on other exercises.

### **Random Quiz Questions**

Your parent or coach will ask you questions at random times to make sure you are comprehending what you are reading. This may be after a position 4 or 2 or 6. So do be honest in your reading and read for comprehension as well as for speed.

### **Choosing what to read, becoming educated**

It has been said, “We become like the books we read and the people we associate with.”<sup>2</sup> We learn by association, and whether it comes through the eyes and/or ears, and depending on where one wants to go for the future, it is best to aim higher than lower.

**What is read is more important as the act of reading itself.** You as the parent will likely choose your child’s reading material. Ask yourself, is this material beneficial or just entertainment? What will it teach my child? Does it teach for the side of good or evil? Does it teach skills that will be useful later in life? Will it make my child a more loving and productive adult? These same questions apply if you are a college student or adult and you are choosing your own reading materials.

### **Not recommended reading**

Anything that teaches about the evil side of the supernatural, witchcraft, sorcery, horror, etc., should be avoided. These include popular series such as the Harry Potter series, the Twilight series, any books of vampires, zombies, unrealistic romance with the dark side, etc. Whether one is conscious of this or not, these do program the mind and provide entry points for dark agents to enter or influence the reader’s mind.

### **Fill your mind with what is good**

“...whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” Philippians 4:8

### **Where to buy**

There is no need to pay full market price for new books. Check for used books at a local Half-Price or other used book store, eBay or Amazon used books. Electronic (i.e. Kindle) editions will work for Practice Days, but will not work for Counting Days, when a mark after each segment read must be placed.

### **Suggested Reading, but you be the final judge**

Below are some suggestions for books to consider. Most are not religious in nature, but will be useful to the reader. Reading these is a good start for a personal library.

### **Books for children**

For wholesome and character building books Search Google for **wholesome books for children**. Here are a few links returned by the search results:

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<sup>2</sup> “You will be the same person in five years as you are today except for the people you meet and the books you read.” - Charlie "Tremendous" Jones

- <http://www.johnsenfam.com/>
- <https://sallieborrink.com/wholesome-books-for-girls-tweens/>
- <http://mommynificent.com/2015/08/25/our-top-ten-list-of-christian-book-series-for-young-kids/>
- Grandma's Attic series by Arleta Richardson
- The Boxcar Children series by Gertrude Chandler Warner
- Little House on the Prairie series by Laura Ingalls Wilder
- Anne of Green Gables Series by L. M. Montgomery
- Encyclopedia Brown series by Donald J. Sobol - he's a grade school detective
- Charlotte's Web by E. B. White
- Swiss Family Robinson by Johann David Wyss
- The Chronicles of Narnia series by C. S. Lewis
- Hardy Boys series by Franklin W. Dixon
- Nancy Drew series created by publisher Edward Stratemeyer

### **Autobiographies of great people**

- Gifted Hands by Dr. Ben Carson
- I Am Malala: How One Girl Stood Up for Education and Changed the World (Young Readers Edition) by Malala Yousafzai and Christina Lamb
- The Autobiography of Benjamin Franklin by Benjamin Franklin
- The Diary of a Young Girl by Anne Frank (*only* the abridged edition)
- Autobiography of Mark Twain by Mark Twain

### **Classics often required reading in high school or college**

- The Odyssey by Homer
- Homer's Iliad
- Old Man and the Sea by Ernest Hemingway
- A Farewell To Arms by Ernest Hemingway
- One Hundred Years of Solitude by Gabriel Garcia Marquez
- This Side Of Paradise by F. Scott Fitzgerald
- To Kill A Mockingbird by Harper Lee.

### **Spiritual growth**

- The Pilgrim's Progress by John Bunyan
- Incredible Answers to Prayer, More Incredible Answers to Prayer, and any other books by Roger Morneau
- The Straight Talk series (on Overcoming Emotional Battles, Depression, Insecurity, Fear, Worry, Loneliness, etc.) by Joyce Meyer
- The Desire of Ages by Ellen White (according to one librarian at the Library of Congress, this is one of the best books on the life of Christ).
- Inspire Bible NLT (New Living Translation): The Bible for Creative Journaling
- The New Testament of the NKJV (any from Thomas Nelson or Holman publishers)

### **Books on business and relational success**

- How I Raised Myself From Failure To Success In Selling by Frank Bettger
- How To Win Friends and Influence People by Dale Carnegie

- The Richest Man Who Ever Lived: King Solomon's Secrets to Success, Wealth, and Happiness by Steven K. Scott
- The Greatest Man Who Ever Lived: Secrets for Unparalleled Success from the Life of Jesus by Steven K. Scott
- Bringing Out the Best in People by Alan McGinnis
- How to Have Confidence and Power in Dealing With People by Les Giblin
- How to Stop Worrying and Start Living by Dale Carnegie
- Life is Tremendous by Charlie “Tremendous” Jones
- Rich Dad Poor Dad: What the Rich Teach Their Kids About Money That the Poor and Middle Class Do Not! by Robert T. Kiyosaki
- The Magic of Thinking Big by David J. Schwartz
- Tough Times Never Last, But Tough People Do! by Robert Schuler

### **Books on marriage or dating**

- I Kissed Dating Goodbye by Joshua Harris
- His Needs, Her Needs: Building an Affair-Proof Marriage by Willard F. Jr. Harley
- The Seven Principles for Making Marriage Work by John Gottman PhD and Nan Silver
- Love and Respect: The Love She Most Desires; The Respect He Desperately Needs by Dr. Emerson Eggerichs
- The 5 Love Languages: The Secret to Love that Lasts by Gary Chapman (there’s a single’s edition too)

### **Books on personal finance**

- The Graduate Survival Guide: 5 Mistakes You Can't Afford To Make In College by Anthony O’Neal and Rachel Cruze (best read while in high school)
- Financial Peace Junior Kit: Teaching Kids How to Win With Money by David Ramsey
- Smart Money Smart Kids: Raising the Next Generation to Win with Money by David Ramsey
- The Total Money Makeover: Classic Edition: A Proven Plan for Financial Fitness by David Ramsey
- Dave Ramsey's Complete Guide To Money by David Ramsey
- Financial Peace: Putting Financial Sense into Your Dollars and Cents by Dave Ramsey
- The Financial Peace Planner: A Step-by-Step Guide to Restoring Your Family's Financial Health by David Ramsey

### **Parenting**

- Parenting with Love and Logic by Cline and Fay (also for Teens)
- The Five Love Languages of Children by Chapman & Campbell (also for Teens)
- Any parenting books by Dr. John Rosemond (there are many)

### **Tips for ADD Teens and Adults**

- ADD-Friendly Ways to Organize Your Life: Strategies that Work by Judith Kolberg and Kathleen Nadeau

### **Books on becoming a successful investor**

Below are the personal recommendations that I received from Fred Richards, current President of the Dallas branch of the American Association of Individual Investors (AAII). He a multi-millionaire, and publisher of the Strategic Investing Newsletter. You can read more of his biography here: <http://www.adrich.com/ffrvitae.htm>

- **How to Make Money in Stocks: A Winning System in Good Times and Bad** by William J. O'Neil, founder of Investors Business Daily (IBD), best talking about 8 day and 20 day moving averages. Made millions by following his advice and techniques.
- **Where Are the Customers' Yachts: or A Good Hard Look at Wall Street** by Fred Schwed
- **Reminiscences of a Stock Operator** by Edwin LeFevre aka Jesse Livermore. This book describes the experiences of one of the world's greatest stock speculators, Jesse Livermore.)
- **The Intelligent Investor: The Definitive Book on Value Investing. A Book of Practical Counsel** by Benjamin Graham
- **Security Analysis: Sixth Edition**, Foreword by Warren Buffett by Benjamin Graham and David Dodd (This is a fairly expensive text book with relatively dry reading, 700+ pages)