

## Berard AIT Supports Speed Reading Training Program

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**Objective:** The purpose of the Marmara project, which was conducted in Turkey in 2015, was to determine if reading speed (words/minute) and reading comprehension is improved when students complete a 10-hour program of Berard AIT before being trained in speed reading.

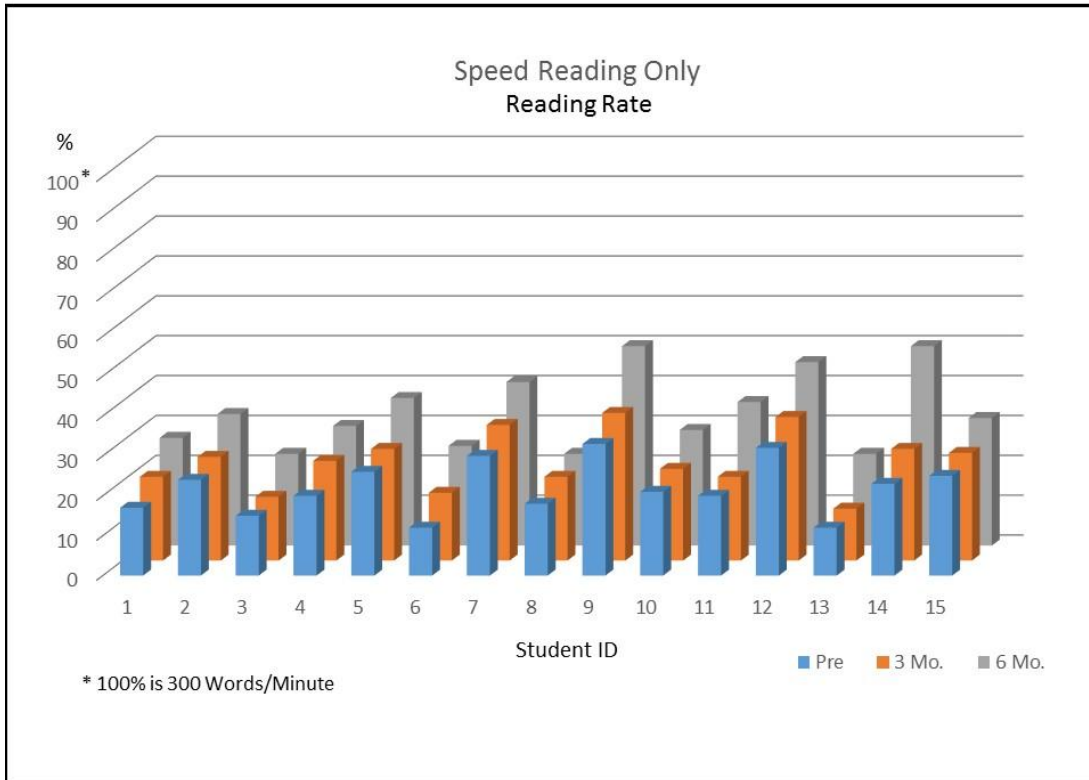
**Method:** Thirty mainstream students, age range 10-17 years, of mixed gender, were divided into two groups: 15 students had Speed Reading training only, and the remaining 15 students received 10 hours of Berard AIT, after which they also received Speed Reading training. Data was collected for both groups before these trainings, and then again at 3 months and 6 months when the Speed Reading program was concluded. Reading speed was measured based on words/minute with a goal set at 300 words/minute. Reading comprehension was measured by questions based on the reading material.

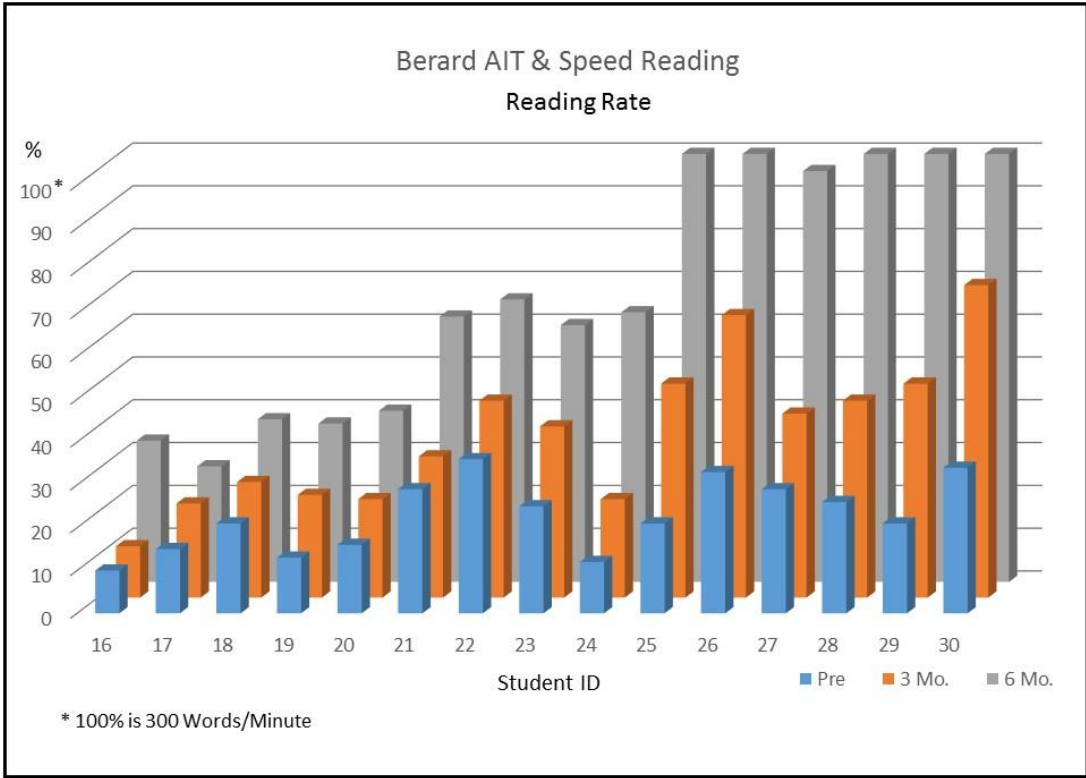
**Results:** The charts below show the results obtained by each of the 30 students. The hypothesis that Berard AIT benefits the students in speed reading training was confirmed. In the group with speed reading and Berard AIT, the students' average reading rate was 22.7% of a 300 words/minute goal before any training was provided. The 6 months post-test average increased to 68.1%. This represents an average increase of 199.7%. While there was improvement in the speed reading only group, the average percent increased by 55.6% (21.7% of 300 words per minute to 33.8%).

Reading comprehension data also showed improvement in the group which received Berard AIT and Speed Reading. After reading a text, students answered 10 questions about the content in order to measure comprehension. The reading comprehension average before any training was 73.3% and the 6 months post-test average was 98.6%. This is a 34.5% improvement. Students scoring 100% in comprehension, rose from 4 out of 15, to 14 out of 15. There was also improvement in those students who received *only* speed reading. The reading comprehension average before training was 67.1%, and the 6 months post-test was 80.7%. This is a 20.2% improvement. In this group, students scoring 100% rose from 5 out of 15 to 8 out of 15.

**Conclusion:** Results confirm the hypothesis that Berard AIT improves speed reading training by enhancing both reading rate and reading comprehension. Improvements in these skills will result in improved academic performance. Although this is a small study, the value of Berard AIT for reading enhancement is strongly indicated. Further investigation in this area is warranted.

## Speed Reading Project Results





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