

7-Day Reading Speed Checklist (IELTS & TOEFL)

How to Use This Checklist:

This 7-day checklist is designed to help you improve your reading speed and comprehension for IELTS and TOEFL exams. Each day includes a short persion guide and practical exercises.

■ Day 1 – Skimming & Scanning Practice

Text: The History of Cinema (provided below)

SKIMMING =

یعنی «با سرعت خواندن متن» فقط برای فهمیدن موضوع کلی. کافیست نگاهی سریع به عنوانها و جملههای اول . هر بار اگر اف بینداز ید

SCANNING =

یعنی «گشتن در متن برای پیدا کردن اطلاعات خاص». مثلاً دنبال یک تاریخ، اسم یا عدد خاص بگردید.

نکته مهم :همیشه اول سوالات را بخوانید، بعد متن را. اینطوری دقیقاً میدانید دنبال چه چیزی هستید.

🗘 یک تایمر کنار دستتان بگذارید تا زمان بگیرید و کم کم سرعت خواندن تان را بالا ببرید.

Read the passage using Skimming and Scanning techniques. Then, answer the questions.

The History of Cinema

The history of cinema began in the late 19th century. The first moving pictures were created by inventors such as Thomas Edison and the Lumière brothers. These early films were very short - usually under a minute - and had no sound. They were shown in theatres or small viewing rooms to curious audiences.

In the early 1900s, filmmakers began to experiment with longer stories and new techniques. Silent movies became more popular, and famous actors like Charlie Chaplin and Buster Keaton entertained millions. Although there was no spoken



dialogue, the emotions and actions of the characters were clear through exaggerated facial expressions and gestures.

In the late 1920s, sound was added to films. This major development changed the industry forever. The first "talkie" movie, The Jazz Singer (1927), was a huge success and started the era of sound cinema. Audiences loved hearing the voices of their favorite actors for the first time.

Color films also developed slowly during this time. At first, movies were black and white, but by the 1930s and 1940s, color became more common. The Wizard of Oz (1939) was one of the most famous early color films, combining music, storytelling, and colorful scenes to captivate audiences.

In the second half of the 20th century, cinema continued to grow. Hollywood became the center of the global film industry, producing hundreds of movies each year. Other countries, like France, Japan, and India, also developed strong cinema traditions.

Today, cinema is a global art form. Digital technology, special effects, and online streaming have changed how movies are made and watched. But the goal remains the same: to tell stories that move, entertain, and inspire.

Skimming Questions

- 1. What is the main idea of the text?
- 2. Which paragraph talks about the first use of sound in cinema?
- 3. What was the major innovation in movies during the 1930s?
- 4. How has cinema changed in the modern digital age?
- 5. What is the general tone of the text: informative, humorous, emotional, or critical?

Scanning Questions

- 1. In which year was The Jazz Singer released?
- 2. Name two early filmmakers mentioned in the text.
- 3. What is the name of the famous color film made in 1939?
- 4. Which three countries (other than the USA) are mentioned as having strong cinema traditions?
- 5. What are two ways that technology has changed modern cinema?





Day 2 – Speed Reading Assessment

Text suggestion: "Why Reading is a Powerful Habit" – Intermediate Level

Guide:

- 1. یک متن حدود ۴۰۰ کلمهای را انتخاب کنید. (متن زیر)
 - 2. قبل از شروع، تايمر را تنظيم كنيد.
- 3. متن را با تمركز بخوانيد، ولى تلاش كنيد سريع باشيد.
- 4. در پایان، زمان را متوقف کرده و محاسبه کنید در چند دقیقه متن را خواندید.
- 5. تعداد كلمات متن را بر مدت زمان تقسيم كنيد تا سرعتتان (WPM = Words Per Minute) را به دست آورید.
 - 6. **یادداشت کنید و هدف بگذارید .**مثلاً اگر امروز WPM 170 بودید، هدفتان برای روز هفتم می تواند 250 WPM باشد.

"Why Reading is a Powerful Habit"

Reading is more than just a school subject — it's a life skill. People who read regularly often have better language skills, stronger imaginations, and more confidence in expressing their thoughts. But beyond these benefits, reading is also one of the most powerful tools for learning and personal growth.

When you read, your brain works to understand words, connect ideas, and visualize situations. This active process improves focus and concentration. It also allows you to explore different cultures, opinions, and experiences without ever leaving your home.

Some people think reading is boring or slow. But that usually means they haven't found the right book or article yet. With millions of topics available — from science and history to mystery and fantasy — there's something for everyone. Whether it's a short blog post or a long novel, the important thing is to keep reading every day.

In today's fast-paced world, many people prefer watching videos or scrolling on social media instead of reading. While these activities can be entertaining, they often don't give the same mental workout. Reading forces you to slow down, think deeply, and build stronger memory.

If you want to improve your reading speed, the best way is practice. Set aside 15 to 20 minutes daily, choose texts that challenge you, and avoid distractions.





Over time, not only will you read faster, but you'll also understand more and enjoy it more.

So, grab a book or open an article. Make reading a daily habit — your brain will thank you.

Comprehension Check:

- 1. Name two benefits of reading regularly.
- 2. How does reading compare with social media, according to the writer?
- 3. What happens when you practice reading daily?
- 4. Give one reason why reading helps with focus.
- 5. What does the writer suggest about finding the right kind of content?

Day 3 - Structure & Matching Headings

- متن زیر را بهصورت معمولی بخوانید.
- تلاش کنید جملهی اصلی هر پاراگراف (Topic Sentence) را پیدا کنید (معمولاً اولین جمله یا یکی از دو جمله اول).
 - برای هر پاراگراف، یک عنوان کوتاه و مناسب انتخاب کنید.
 - سیس به سوالات پاسخ دهید.

The Benefits of Walking

Paragraph A

Walking is one of the simplest and most effective forms of exercise. It doesn't require special equipment or a gym membership. People of all ages can enjoy it, and it can easily fit into your daily routine.

Paragraph B

Regular walking has many health benefits. It helps to improve heart health, reduce blood pressure, and strengthen muscles. It can also support weight loss and increase your energy levels throughout the day.

Paragraph C

Besides physical health, walking is great for mental well-being. A short walk in nature or even around the neighborhood can reduce stress and improve your mood. Many people use walking as a way to clear their minds or spark creativity.



Paragraph D

Making walking a daily habit doesn't have to be difficult. You can walk to the store instead of driving, take the stairs instead of the elevator, or go for a walk after meals. These small changes can make a big difference over time.

Matching Headings - Match each paragraph with the correct heading:

Paragraph	Heading (Choose from a-d)
Α	
В	
С	
D	

- a) Mental benefits of walking
- b) Easy ways to include walking in your day
- c) How walking helps your body
- d) Why walking is a simple exercise for everyone

Follow-up Questions

- 1. What is the topic sentence of Paragraph B?
- 2. Which paragraph focuses on emotional and psychological effects?
- 3. Give one example from the text that shows how walking is easy to do every day.
- 4. Which paragraph includes examples of everyday walking routines?
- 5. Why is walking described as both physical and mental exercise?

Day 4 - Practice from IELTS/TOEFL Tests

متن را بهصورت کامل بخوانید و تلاش کنید زمان را اندازه بگیرید. (حداکثر ۱۰–۱۲ دقیقه) سیس بدون نگاه به متن، به سوالات انگلیسی پایین پاسخ دهید سعی کنید نوع سوالات را تشخیص دهید و با استراتژی مناسب به آنها پاسخ دهید در پایان می توانید به متن برگر دید و پاسخها را بر رسی کنید



Reading Text - The History of the Bicycle

The modern bicycle has a long and fascinating history. Although early versions of bicycles existed in the 19th century, they were very different from the bikes we use today. The earliest bicycles, called "dandy horses," had no pedals and had to be pushed along with the rider's feet.

In the 1860s, the "velocipede" was invented in France. It had pedals attached to the front wheel, but it was heavy and hard to control. Later in the 1870s, the "penny-farthing" became popular. This bicycle had a huge front wheel and a tiny back wheel. It could go fast, but it was very dangerous because the rider sat high off the ground.

The safety bicycle, Invented In the 1880s, changed everything. It had two wheels of equal size, pedals connected to a chain, and better brakes. It was safer, easier to ride, and became popular all over the world.

Bicycles not only became a tool for transportation but also a symbol of freedom. In the early 20th century, women used bicycles as a way to travel independently. Even today, bicycles are popular for commuting, exercise, and sport.

Questions

- True / False / Not Given
 - 1. The first bicycles had pedals and brakes.
 - 2. The penny-farthing had a large front wheel and a small back wheel.
 - 3. The safety bicycle became popular because it was faster than all previous models.
- Multiple Choice
- 4. Where was the 'velocipede' invented?
 - A) England
 - B) France
 - C) Germany
 - D) The USA
- 5. Why was the penny-farthing considered dangerous?
 - A) It was heavy
 - B) It had no brakes



- C) The rider sat very high
- D) It broke easily
- ♦ Short Answer
 - 6. What was the main improvement of the safety bicycle?
 - 7. Name one reason why bicycles were important for women in the early 20th century.
 - 8. List two modern uses of bicycles mentioned in the text.

Day 5 - Time Management Focus



۱ .متن زیر را در حداکثر ۶ دقیقه بخوانید.

۲ .سپس به سوالات پاسخ دهید.

۳ برای هر سوال حداکثر ۱ دقیقه زمان بگذارید.

Reading Text - The Importance of Sleep

Sleep plays a vital role in maintaining good health and well-being. During sleep, the body heals itself and the brain processes information from the day. Lack of sleep can lead to mood swings, poor concentration, and even serious health problems. Most adults need between 7 and 9 hours of sleep per night. Good sleep habits include going to bed at the same time every night and avoiding screens before bedtime. Scientists agree that quality sleep is just as important as healthy eating and regular exercise.

Questions

- 1. What is one physical benefit of sleep?
- 2. How many hours of sleep do most adults need?
- 3. What are two good sleep habits mentioned in the text?
- 4. According to the text, what can poor sleep lead to?
- 5. What other two activities are mentioned as important for health besides sleep?



Day 6 - External Resources Practice



۱ . متن زير را با دقت بخوانيد.

۲. سوالات را پاسخ دهید و در صورت نیاز مجدد به متن رجوع کنید.

۳ .تمرکز روی پاسخ دقیق و برگرفته از متن باشد.

Reading Text - Online Learning

Online learning has become increasingly popular in recent years. It allows students to learn from anywhere and often at their own pace. Many universities and institutions now offer online courses in a wide range of subjects. However, online learning also requires strong time management skills and self-motivation. While it offers flexibility, some students may struggle without face-to-face interaction or a classroom environment.

Questions

- 1. What are two benefits of online learning?
- 2. What kind of skills are important for successful online learning?
- 3. Why might some students find online learning difficult?
- 4. What types of institutions are offering online courses?
- 5. How does online learning differ from traditional classroom learning?

Day 7 - Final Reading Simulation

🔐 وش اجرا:

۱ .متن را بخوانید و برای کل تمرین فقط ۱۰ دقیقه زمان بگذارید.

۲ . به سوالات پاسخ دهید و سپس با روز اول مقایسه کنید که سرعت و دقتتان چقدر بهتر شده است.

Reading Text - The Future of Work

In the future, work may look very different from today. Technology like artificial intelligence and automation is changing how people do their jobs. Some tasks will be done by machines, but new jobs will also be created in tech, healthcare, and creative industries. Workers will need to learn new skills regularly to stay successful. Companies may also offer more remote or hybrid working options. Flexibility, adaptability, and lifelong learning will be essential in the modern workplace.



Questions

- 1. What technologies are mentioned as changing work in the future?
- 2. Name two fields where new jobs may appear.
- 3. What will workers need to do to remain successful?
- 4. What working style might become more common in the future?
- 5. List two qualities that will be important in future jobs.

"Progress is progress, no matter how small. Keep going — your goals are closer than you think."

اگر از این مسیر ۷ روزه لذت بردی و میخوای قدم بعدی را حرفهای تر برداری، دورهی به وقت آیلتس مدرسه انگلیسی سارا دقیقاً برای تو طراحی شده:

برنامهریزی شده، پشتیبانی کامل، تمرینهای هدفمند برای مهارتهای ریدینگ، رایتینگ، لیسنینگ و اسپیکینگ.

