



**ROCKETREADER®**

**RocketReader Online**

**User Instructions**

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## Overview

RocketReader Online trains you how to be a fast and accurate reader using structured interactive training exercises. These interactive exercises train you to eliminate bad reading habits. The three key bad reading habits are sub-vocalization (saying words under your breath as you read), excessive eye use (too many eye fixations when you read) and skip-back (re-reading previous text). These bad habits limit readers to around 200 words per minute. By eliminating these habits, you can double your reading speed and increase your comprehension and reading stamina.

RocketReader Online has plenty of content. Select a text from the 500+ graded readings with comprehension tests or choose a book from the 5,000+ eBook library. Build your vocabulary with the 37 vocabulary lessons. You can even create your own lessons and tests with the easy to use lesson editor.

The program monitors your progress and continually adjusts the challenge level of the exercises for peak training. You can easily view and print reports of your progress.

Train regularly with RocketReader Online and significantly improve your reading speed, comprehension, vocabulary and reading stamina.

To access the training exercises, you need to login to your individual account.

## Logging in

You can login at:

<https://rocketreader.com/online>

1. Enter your email in the *Email* field
2. Enter your password in the *Password* field
3. Click on the *Sign In* button
4. A window will open called *Choose a lesson*

## Logging out

1. Click on the *Logout* button or close the web browser window by clicking on the letter x at the top right of the main window

## Choosing a Lesson

You can choose a lesson based on a set amount of time (10, 15, 20 or 30 minutes) by clicking on the toggle next to the time or gain access to the training exercises by clicking on the toggle next to *custom*.

If you select a lesson based on a set amount of time, the program will present a range of the training exercises for you to complete within the specified timeframe. If you choose a *custom*

lesson, remember that short and regular training sessions are more effective than infrequent lengthy sessions.

## Reading Selection

### Overview

RocketReader Online includes:

- 500+ graded comprehension texts with comprehension tests
- a 5,000+ eBook library.

For the Groups, Speed and Read exercise you need to choose a story to read. Stories are arranged by category. Fiction includes the following categories: Kids, Short, Cool, Fun, Teen, Stories and Classic. Education includes the following categories: People, English, Science, SAT and History. The eBooks are sorted by level of difficulty: Beginner, Easy, Medium, Hard and Difficult.

Within a category stories are arranged by level of difficulty (from 1 to 100). Level 1 is the easiest and level 100 the hardest. You can find out the level of difficulty of a particular story by placing your mouse over the level indicator next to the story title in the Level column.

### Choosing a story

1. Open the training exercise by clicking on the training exercise icon (i.e. Groups, Speed or Read)
2. Select a category by clicking on the category tab
3. Choose a story by clicking on the *Go* button next to the title of the story. In the Fiction and Education sections, drag the scroll bar down to see all the titles in a category. In the eBook section, use the scroll bar and the *Next* button to see all the titles within a category.

### Options

In the eBooks section, you can search for books by author or title. The program will also record which books you have read, so you can easily find a book you were reading and continue reading the next time you login to RocketReader Online.

### Searching for books

1. Click on Search
2. Enter the author or title of the book in the Search field
3. Click on the *Search* button

### Your books

1. Click on My Books
2. Click on the *Go* button next to the title of the book you want to read
3. Each book is divided into parts. Click on the number of the part you had reached.

# The Training Exercises

## Overview

There are six interactive training exercises.

- Flash
- Groups
- Speed
- Read
- Vocab
- Timings.

These highly effective exercises eliminate bad reading habits and improve reading speed, comprehension and stamina.

## Flash

### Overview

The Flash exercise trains you to read more words with a single fixation of the eyes. Fast and accurate readers are able to read a group of words in a single glance.

This exercise breaks the bad habits of sub-vocalization (saying the words under your breath as you read) and excessive eye use. You will learn to read many words at a time rather than syllable by syllable or word by word. Your brain and eyes learn to process more information with a single eye fixation. This means you can read faster and also concentrate for longer without getting tired. This skill is essential for rapid reading and, when mastered, will transform your reading skills.

To develop your ability to read many words with a single eye fixation, text is flashed very quickly on the screen. You must then type in the flashed text. RocketReader Online tracks your progress and adjusts the level of difficulty of the exercise as you train. Initially, most readers can only “see” around four letters at once. With training, you should be able to increase this to 20 or more letters.

Values of around 25 are considered optimal for fluent and easy reading. Once you have reached this, revise several times a month to maintain your skill level.

### Running the Flash Training Exercise

1. Click on the *Flash* icon to open the exercise.
2. Four blue crosshairs will appear in the exercise window.
3. The crosshairs will flash red just before the text is flashed in the middle of the exercise window.

4. Type in the text that was flashed in the *Spell it* field and click on the *Go* button or hit *Enter* on your keyboard. If you enter an incorrect answer, the correct answer will appear in the exercise window.
5. Follow steps 2 to 4 until you complete the exercise.

## **Tutorial**

The Tutorial explains and demonstrates how the exercise works. Click on the *Tutorial* button to start the explanation and demonstration.

## **Recommended Technique**

1. Keep your eyes on the screen. Your eyes should not move when the text is flashed on the screen.
2. De-focus your eyes slightly. To de-focus, try to widen your field of vision to include the four red crosshairs located on the edges of the exercise window.
3. Allow the letters to soak into your persistent vision. Persistent vision is the ability of the human eye to see things for a short time, even after the original image is removed.

## **Progress Monitor**

The Level indicator tells you how many characters are being flashed. The colored bar under the level indicator indicates how far through the exercise you have progressed.

## **Options**

### **Changing the Speed of the Flash Text**

1. Click on the drop down arrow next to Speed
2. Select the Speed (e.g. Very Fast, Fast, Medium, Slow, Very Slow)

Note: The default speed is *Fast*. This is the optimal speed for training.

### **Changing the Difficulty Level**

You can change the level of difficulty by click on *Easier* to reduce the number of characters flashed or clicking on *Harder* to increase the number of characters flashed.

## **Groups**

### **Overview**

The Groups exercise uses word shadow groups to train you how to read a group of words in a single glance from the written or electronic page. Smart shadows that turn into words develop your ability to read larger blocks of text with a single glance.

It also trains you how to smoothly move your eyes from one group of words to the next. Aim to read three or four words with a single glance before proceeding to the next group of words.

You can control the degree of difficulty of this exercise by controlling the speed and width at which the text is revealed.

Practice this skill to develop the text grabbing skill that the fast and accurate readers enjoy.

### **Running the Groups Exercise**

1. Click on the *Groups* icon to open the exercise.
2. Choose a category by clicking on the category button.
3. Choose a story by clicking on the *Go* button next to the title of the story you wish to read.
4. Click on the *Start* button to start the exercise.
5. When you reach the bottom of the page or the end of the exercise, click on the *Next* button.
6. Check your comprehension, by clicking on the drop down arrow and selecting an answer from the multiple choice options for each question.
7. When you have finished answering all the questions, click on the *Check Answers* button. Your reading speed and comprehension results will then be displayed. The program will also show which questions you answered correctly and which you answered incorrectly. Correct answers are marked with a tick and highlighted in green. Incorrect answers are marked with a cross with the correct option highlighted in blue.

### **Recommended Technique**

Choosing the right shadow size is crucial to success. Choose a shadow size that is large enough that you are pushing yourself to read the words behind each shadow with a single glance of the eyes. If you are scanning the words behind each shadow or looking at individual words, then the shadow size is too large. Use the five numbered buttons starting with button number 1 and advance up through the group sizes until you can read at the highest attainable group size.

### **Options**

#### **Changing the Speed of the Text Revealed**

You can change the speed at which the text is revealed by clicking on the *Slower* or *Faster* buttons. To slow down the speed, click on the *Slower* button. To increase the speed, click on the *Faster* button.

#### **Changing the Width of the Groups**

You can change the width of the text revealed by clicking on a numbered button (e.g. 1, 2, 3, 4 or 5). Number 1 button reveals a smaller block of text at a time, whereas number 5 button reveals a line at a time.

## Revealing the Story Text

If you cannot answer a comprehension question, you can click on the *Reveal Story Text* button and search for the answer. Whether you revealed the text when answering the comprehension questions, is noted in the reports.

## Progress Results

To see your progress, click on the Show Graph button.

## Speed

### Overview

The Speed exercise accelerates your reading speed by presenting a single line of text rapidly on the screen. The pace increases as the story unfolds. For example, if you're starting speed is 300 words per minute, the default acceleration value of 50% means that the display rate will increase to 450 words per minute by the end of the story.

This exercise also trains you to build your block reading skills and eliminate skip-back. Skip-back occurs when your eyes flick back to previous text. Skip-back slows down reading.

You can customize the speed, acceleration rate, font size, amount of text shown at any one time and restart and pause the story.

### Running the Speed Exercise

1. Click on the *Speed* icon to open the exercise.
2. Choose a category by clicking on the category button.
3. Choose a story by clicking on the *Go* button next to the title of the story you wish to read.
4. Click on the *Start* button to start the exercise.
5. When you reach the end of the exercise, click on the *Done* button.
6. Check your comprehension, by clicking on the drop down arrow and selecting an answer from the multiple choice options for each question.
7. When you have finished answering all the questions, click on the *Check Answers* button. Your reading speed and comprehension results will then be displayed. The program will also show which questions you answered correctly and which you answered incorrectly. Correct answers are marked with a tick and highlighted in green. Incorrect answers are marked with a cross with the correct option highlighted in blue.

### Recommended Technique

Start with a speed that you are comfortable with and set the *Acceleration* value so that you are challenged but not overwhelmed. Choose the widest width size you can manage.

## Options

### Changing the Speed of the Text Displayed

You can change the speed at which the text is displayed by dragging the slider next to *Speed*. You can choose a speed between 50 to 1200 words per minute.

### Changing the Acceleration Rate

You can control the increase in speed at which the text is displayed. If you wish the text to be displayed at the same speed for the whole story, enter a value of zero in the *Acceleration* field.

### Changing the Font Size

You can select the font size by clicking on the drop down arrow next to *Font* and clicking on a font size.

### Changing the Width of the Text Revealed

You can change the width of the text revealed by clicking on a numbered button (e.g. 1, 2, 3, 4 or 5). Number 1 button reveals a smaller block of text at a time, whereas number 5 button reveals a larger block of text at a time.

### Restarting the Story

You can restart a story by clicking on the *Restart* button.

### Revealing the Story Text

If you cannot answer a comprehension question, you can click on the *Reveal Story Text* button and search for the answer. Whether you revealed the text when answering the comprehension questions, is noted in the reports.

## Read

### Overview

The Read exercise simulates page reading to develop your abilities to read from the screen and page. There are over 500 stories categorized by topic and reading level upon which to practice your reading and comprehension. Each reading exercise is followed by a comprehension test.

For more information about the reading texts in RocketReader Online, please see the section on Reading Selection.

### Running the Read Exercise

1. Click on the *Read* icon to open the exercise.
2. Choose a category by clicking on the category button.
3. Choose a story by clicking on the *Go* button next to the title of the story you wish to read.

4. Read the text. For longer texts, drag the scroll bar down to reveal the text.
5. When you reach the end of the text, click on the *Done* button.
6. Check your comprehension, by clicking on the drop down arrow and selecting an answer from the multiple choice options for each question.
7. When you have finished answering all the questions, click on the *Check Answers* button. Your reading speed and comprehension results will then be displayed. The program will also show which questions you answered correctly and which you answered incorrectly. Correct answers are marked with a tick and highlighted in green. Incorrect answers are marked with a cross with the correct option highlighted in blue.

## **Recommended Technique**

You should aim to read quickly and accurately without exceeding your ability. When you have finished reading the text, do the comprehension test to find out how well you understood the material. A comprehension rate of 80% or higher is considered good. If your comprehension is below 80%, try to read at a slower pace the next time you train. When the results of your comprehension improve you can start gradually increasing your reading speed again.

## **Options**

### **Changing the Font**

To change the font, click on the drop down arrow next to the Font field and select a font type by clicking on it.

### **Revealing the Story Text**

If you cannot answer a comprehension question, you can click on the *Reveal Story Text* button and search for the answer. Whether you revealed the text when answering the comprehension questions, is noted in the reports.

### **Progress Results**

To see your progress, click on the Show Graph button.

## **Vocabulary**

### **Overview**

The Vocab section is ideal for students developing their vocabulary and adults wanting to communicate effectively at work. It teaches advanced level vocabulary for ages 11 and above.

The Vocab section trains you on a commanding set of words conveniently organized into categories and lessons. This section includes a powerful lesson creation and editing tool. This tool enables you to edit the built-in lessons and create your own lessons, so you can master any material you choose.

The Vocab section makes learning vocabulary fun and easy.

## The Categories

There are five categories – Advanced, Business, People, The Arts and World. To see the lessons within a category, click on a category button.

## The Lessons

There are 37 lessons arranged by category and title.

## Selecting a Lesson

To select a lesson, click on the *Go* button next to the title of the lesson you wish to complete.

## Completing a Lesson

1. Select your answer by clicking on the arrow next to the answer.
  - a. If you answer correctly, the answer is highlighted in green.
  - b. If you answer incorrectly, the answer is removed and you need to select another answer.
2. When you have answered all the questions, you will receive a percentage score and grade.
3. Click on the *Back* button to go back to the *Vocabulary Categories* window.

## Hints

1. There are two or three hints for each word examined
2. To see the first hint, click on the hint button
3. To see the next hint, click on the hint button again

## Creating New Categories and Lessons

### Overview

You can create new categories and lessons on any topic. These will appear in the Vocab section. Lessons can be formatted in multiple choice or true/false answer format.

You can delete categories and lessons created by yourself. You can also make suggestions about changes to a lesson created by another person. The creator of that lesson then decides whether to adopt those suggestions.

### Creating New Categories and Lessons

#### Creating a New Category

1. Click on the word *New*
2. Enter the category name in the *Category Name* field
3. Click on the *Add* button

#### Creating a New Lesson

1. Select the category by clicking on the appropriate category button
2. Click on the *New Lesson* button

3. Enter the lesson name in the *Lesson Name* field
4. Enter a short description in the *Description* field
5. Click on the *Add* button
6. To add questions to the lesson, click on the Edit icon (paper and pen symbol) next to the *Lesson* name
7. Click on the *New Question* button
8. Choose the format of the questions, either multiple choice or flashcard format
9. Enter the data and click on the *Save* button
10. Follow the steps in 7 to 9 until you finish entering the data
11. Click on the *Back* button
12. Test your lesson by clicking on the *Go* button next to the lesson title

### **Deleting Categories and Lessons**

You may only delete a category or lesson created by yourself. To delete a category, you must first delete the lessons in that category.

#### **Deleting a Lesson**

1. Click on the category the lesson is in
2. Click on the garbage bin icon next to the title of the lesson you wish to delete
3. Click on the *Delete* button

#### **Deleting a Category**

1. Click on the title button of the category you wish to delete
2. Click on the *Delete Category* button

### **Suggesting Changes to Lessons Created by Others**

You can make a suggestion about changing the content of a lesson created by us or another person. The original creator of the lesson will receive an email and may decide to accept or reject the proposed change.

1. Click on the category the lesson is in
2. Click on the *Edit* icon next to the lesson name
3. Click on the Edit icon next to the question you wish to change
4. Make your changes
5. Click on the *Save* button
6. A window will open with the text:  
"The question you just edited was originally created by someone else. Your change request has been sent to the original author. As soon as they approve it the change will go live!"
7. Click on the *OK* button

# Timings

## Overview

The Timings exercise measures your reading speed and comprehension. All texts used in this exercise are carefully selected to be of uniform consistency to accurately measure your reading speed.

You can choose the next text in the series or choose to re-read a previous text in the series.

You can use your results in this exercise to precisely monitor your advancement in reading speed and comprehension over time.

## Running the Timings Exercise

1. Click on the *Timings* icon to open the exercise.
2. Choose a story by clicking on the Choose Next Story or Re-Read a Story button. If you select the Re-Read a Story option, choose the story you wish to read and click on the Go button next to the title.
3. Read the text. For longer texts, drag the scroll bar down to reveal the text.
4. When you reach the end of the text, click on the *Done* button.
5. Check your comprehension, by clicking on the drop down arrow and selecting an answer from the multiple choice options for each question.
6. When you have finished answering all the questions, click on the *Check Answers* button. Your reading speed and comprehension results will then be displayed. The program will also show which questions you answered correctly and which you answered incorrectly. Correct answers are marked with a tick and highlighted in green. Incorrect answers are marked with a cross with the correct option highlighted in blue.

## Recommended Technique

You should aim to read quickly and accurately without exceeding your ability. When you have finished reading the text, do the comprehension test to find out how well you understood the material. A comprehension rate of 80% or higher is considered good. If your comprehension is below 80%, try to read at a slower pace the next time you train. When the results of your comprehension improve you can start gradually increasing your reading speed again.

## Options

### Changing the Font

To change the font, click on the drop down arrow next to the Font field and select a font type by clicking on it.

### Progress Results

To see your progress, click on the Show Graph button.

# Reports

## Overview

You can view and print a detailed report of your progress. The report:

- provides an overall indication of your reading skills – reading level and speed and comprehension level and speed
- shows what readings you have done and how well you have read and understood each reading
- shows your results in the Vocab section
- shows how many characters you can read in a single eye glance
- shows how well you have performed in each Flash training session.

## Obtaining a Report

1. Click on the *Report* button
2. A report of your progress will be generated
3. To scroll through the report, drag the slider on the right hand side of the screen down
4. To print that report, click on the *Print* button

## The Report Components Explained

A report comprises of the following components:

- Reading Progress Report
- All Categories Report
- Vocabulary Training Report
- Flash Training Report

## Reading Progress Report

This report provides an overall indication of your reading skills. It shows in bar chart format the reading level and speed and comprehension level and speed you achieved on particular days.

## All Categories Report

This report shows the results of each reading, comprehension test and timed speed test completed by you.

Date	The date of the activity
Reading	The title of the reading selected by you.

Type	<p>The type of activity undertaken by you i.e. either 'reading', 'timing' or 'comprehension test'.</p> <ul style="list-style-type: none"> <li>• <b>reading</b> - a practice reading chosen by you followed by a comprehension test.</li> <li>• <b>timing test</b> - tests your reading speed and comprehension on a passage of text that you have not read before. Speed test passages are of uniform difficulty so reading progress can be evaluated by comparing speed and accuracy on different dates.</li> <li>• <b>comprehension test</b> - multiple choice comprehension questions.</li> </ul>
Measured Reading Level	This indicates how well you read the text. If you read the test quickly and accurately, you will get a high score for this value.
Story Reading Level	The difficulty of the text as measured by the RocketReader readability metric. This metric takes into account twelve factors including average sentence size, average word size, number of syllables per word, the type of punctuation, the use of common and uncommon words and others factors affecting overall reading challenge.
Reading Speed	How quickly you read the text in words per minute.
Percentage Correct	The percentage of comprehension questions that you answered correctly.
Seconds per Question	The average time taken by you to answer each comprehension question. A small value, e.g. 4 seconds indicates you quickly found the answer. A longer value, e.g. 30 seconds indicates you thought for a long time before answering the questions.
Text Revealed	Whether you revealed the text to help you find the answer to the comprehension questions.

## Vocabulary Training Report

This report shows how many words you already knew, how many new words you have mastered and how many words you are learning.

## Flash Training Report

There are two parts to this report.

### Eye Glance Width

This part shows in bar chart format the number of characters that you read with a single eye fixation on particular days.

### Flash Training Results

This part shows the results for each Flash Training session completed by you.

Date	The date when you undertook the Flash Training session.
Number of Characters	The number of characters flashed in the last flash cycle on the date described. For example, if the last phrase flashed was "nature in all of her glory", then this value will be 21. This is the information that must be read by you with a single eye fixation. (Values of around 25 are considered optimal for fluent and easy reading).
Spelling Mode	This value is always 'Y', as you always have to type in the answer in RocketReader Online.
Time	This value indicates how many seconds you spent in the Flash Training session.
Right Answers	The number of flash phrases that you read correctly.
Wrong Answers	The number of flash phrases that you read incorrectly.
Accuracy	The percentage of flash phrases read correctly by you.
Mode	Either Advanced or Basic. Basic mode uses simpler words and phrases and Advanced more complex words and phrases. RocketReader will promote you to Advanced mode, when they have reached the requisite competency level.

## Options

You can change your name, your password, the color scheme, English used (US or British) and stop the reminders or change their frequency.

### Changing your name

1. Click on the Change button next to *Your name*
2. Enter you first name in the *First name* field
3. Enter you second name in the *Second name* field
4. Click on the Save button

### Changing your password

1. Click on the Change button next to *Password*
2. Enter your password in the *password* field
3. Enter your password again in the *confirm password* field
4. Click on the *Save* button

### Changing the color scheme

1. Click on the Change button next to *Color Scheme*
2. Choose a color scheme by clicking on the toggle next to the color
3. Click on the *go* button

### Changing the reminders

1. Click on the Change button next to *Reminders*
2. Choose a color scheme by clicking on the toggle next to the color
3. Click on the *Save* button

## Support

### Technical Support

Email: [support@rocketreader.com](mailto:support@rocketreader.com)

Phone: 646 736 7673 (USA)

+61 8 8410 2771 (Asia Pacific)

Fax: 877 731 4410 (USA toll free)

### Feedback

Comments? We welcome your feedback. Send an email to:

[support@rocketreader.com](mailto:support@rocketreader.com)