

Procedure: Start 23 November 2026 (Webinars from 09:00 a.m. to 10:00 a.m.)

		Estimated effort in minutes	Focus areas
Mon., 11/23	Webinar 1	60	Welcome and instructions for the first exercises
	Unit 1	45	
Wed., 11/25	Webinar 2	60	Course objectives, theory of reading, instruction rate controller, goal setting exercises Unit 2+3
	Unit 2	45	
	Unit 3	45	
Fri., 11/27	Webinar 3	60	Concentration, understanding without hearing, tachistoscope instructions, goal setting exercises Unit 4
	Unit 4	45	
Mon., 11/30	Webinar 4	60	Reading strategy, especially for scientific papers, goal setting exercises Unit 5+6
	Unit 5	45	
	Unit 6	45	
Wed., 12/02	Webinar 5	60	Reading and memory, paragraphing, goal setting exercises Unit 7+8
	Unit 7	45	
	Unit 8	45	
Fri., 12/04	Webinar 6	30	Summary, conclusion