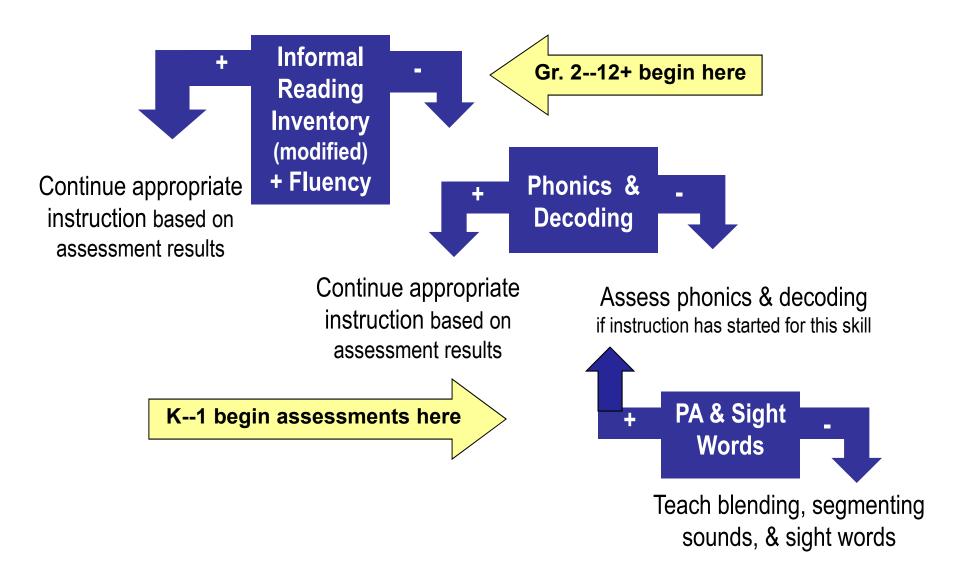
Diagnostic Assessment Sequence



FROM: Educators as Physicians: Using RTI Data for Effective Decision-Making Jan Hasbrouck, Ph.D. (2010) www.gha-pd.com



Reading FAST or Reading WELL?

Jan Hasbrouck, Ph.D.



www.gha-pd.com

My conclusions from reading research:

Compelling evidence from a convergence of reading research is indicating that **90% to 95% of all students** can achieve literacy levels at or approaching grade level. These statistics include students with dyslexia and other learning disabilities. Students succeed when well-trained and well-supported teachers provide intensive, comprehensive, and high-quality instruction, and targeted intervention as needed.

Jan Hasbroack, Ph.D.

Torgesen, 2007; Vellutino & Fletcher, 2007; Rashotte, MacPhee, Torgeson, 2001; Al Otailba, Connor, Foorman, Schatschneider, Greulich, Sidler, 2009; Every Child Reading: An Action Plan and Every Child Reading: A Professional Development Guide. Available online from Learning First Alliance

Reading Fluency:

Understanding and Teaching this Complex Skill

Jan Hasbrouck, Ph.D. Deborah R. Glaser, Ed.D.

FOUR MODULES

- Defining & Describing this Complex Skill
- Assessing Reading Fluency
- Planning and Teaching Fluency
- Teaching Fluency through Skill Integration







Educators as Physicians:

Using RTI Data for Effective Decision-Making

Jan Hasbrouck, Ph.D.

Four Modules

- Framework for Intervention
- Benchmark/Screening
- Diagnosis
- Progress Monitoring

Summary booklets sold in sets of 4

Available online at www.gha-pd.com



Key Ideas about Reading Fluency

- Fluency is a complex skill.
- Fluency is necessary but not sufficient for reading comprehension & motivation.
- We can use rate PLUS accuracy measures (ORF) for important assessment purposes.
- Some students are fluent enough; others can be taught.
- FLUENT reading is NOT fast reading!

SERIOUS CONCERNS...

- "Reading fluency has become a speed reading contest."
- "Reading rate is considered a decent measure of reading fluency."

Rasinski & Hamman

Reading Today August/September 2010

HASBROUCK RESPONSE

- "strongly **agree** that there...is 'an inordinate amount of direct instruction emphasis given to increasing reading speed...".
- "I **disagree** with some of the reasons provided for this conclusion... 'reading RATE (my emphasis) is considered a decent measure of reading fluency.' This is a common misunderstanding."

Reading Today October/November 2010

HASBROUCK RESPONSE

• "... sufficient **professional development** [must be] provided to every educator involved in the **assessment** as well as the **instruction** of fluency."

WHAT?

WHY?

HOW?

Reading Today October/November 2010

What is Reading Fluency?

"...there are still a number of questions surrounding our understanding of what constitutes fluency..."

Kuhn, Schwanenflugel, & Meisinger (2010) p. 230



What is Reading Fluency?

Fluent reading should sound like **SPEECH**

Stahl & Kuhn (2002)



What is Reading Fluency?

Reasonably **accurate** reading at an appropriate **rate** with suitable **prosody** that leads to accurate and deep **comprehension** and **motivation** to read.

Hasbrouck & Glaser (2012)



What is Reading Fluency?

Reasonably ACCURATE?

Aim for at least _____ % accuracy (Rasinski, Reutzel, Chard, Thompson, 2011)

Emerging readers: _____ %



What is Reading Fluency?

Appropriate RATE?

th %ile on oral reading fluency (ORF) norms on unpracticed, grade-level text



What is Reading Fluency? Suitable PROSODY?

Mirrors spoken language & conveys meaning

BUT abnormal pitch, intonation, phrasing, pauses can be "suitable"



Robert borrowed my new bicycle.

- **ROBERT** borrowed my new bicycle.

 (Robert, not Raymond, borrowed my bike.)
- Robert BORROWED my new bicycle. (Robert did not steal my bike.)
- Robert borrowed MY new bicycle.
 (Robert didn't borrow your bike, he borrowed mine.)
- Robert borrowed my NEW bicycle.
 (Robert didn't borrow my old bike, he borrowed the new one.)
- Robert borrowed my new BICYCLE.
 (Robert didn't borrow my new book, he borrowed my bike.)

Rasinski (2012)

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What is Reading Fluency?

The ability to read

- accurately
 - quickly
- with expression & phrasing



COMPONENTS of fluency

Expression & Phrasing?

Prosody **REFLECTS** comprehension skill rather than **CONTRIBUTING** to it



COMPONENTS of fluency

What is Reading Fluency?

Word Decoding Skills

Text Decoding Skills

- Phoneme awareness
- Orthographic knowledge
- Letter sounds
- · Sight words
- Phonograms
- · Decoding connected text
- · Multiple cue efficiency

Comprehension Skills

- Metacognition
- Passage context
- · Content knowledge · Social context
- Vocabulary

MECHANICS of fluency

Common Core State Standards: FLUENCY

Kindergarten

Read emergent reader texts with purpose & understanding

Grades 1-5

Read with sufficient accuracy & fluency to support comprehension:

- Read on-level text with purpose and understanding
- Read on-level text orally with accuracy, appropriate rate, and expression on successive readings
- Use context to confirm or self-correct word recognition and understanding, rereading as necessary

So...What is Reading Fluency?

A highly COMPLEX skill that is NECESSARY but not SUFFICIENT for students to read independently, proficiently, and with motivation.



FLUENT reading is not **FAST** reading!

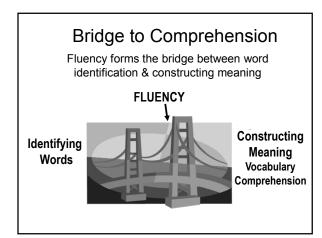
REAL ISSUE:

Comprehension & Motivation!

MULTIPLE Causes of Comprehension Problems:

- Lack of sufficient background knowledge
- Lack of sufficient language foundation
- Fails to organize & use information to understand--Does not realize when s/he fails to understand
- Decoding/fluency skills poor





Doorway to Comprehension? Fluency serves as a doorway between word identification & constructing meaning FLUENCY Identifying Words Constructing Meaning Vocabulary Comprehension

The Role of Fluency in Reading?

- ACCURACY: Comprehension is limited by inaccurate reading
- RATE: Comprehension is limited by inefficient, slow, laborious reading
- Lack of fluency = lack of motivation = fewer words read = smaller vocabulary = limited comprehension (self-perpetuating)

3 BIG IDEAS

about fluency assessments

- Assessments of accuracy + rate (ORF) can help determine which students *might* need support (benchmark/screening).
- 2. ORF assessments can help diagnose a student's individual skill level in reading fluency.
- 3. ORF assessments can help us determine if a student is making sufficient progress.



"Fluency"
Assessments
DO NOT
ASSESS
Fluency!



CBM Assessments of ACCURACY and RATE (ORF)

DIBELS Dynamic Indicators of Basic Early Literacy Skills K-6

Reading Fluency Benchmark Assessor

(RFBA) Read Naturally K-8

AIMSWeb Pearson K-8

EasyCBM Riverside K-8

Assessing ORF

the number of words in text read correctly per minute (wcpm)

or...

letters, sounds, words



Curriculum-Based Measurement (CBM)

Long research history...

Stan Deno University of Minnesota

GOAL:

Develop **QUICK** assessments that were **RELIABLE** and **VALID** to help teachers:

- 1. Find students who MIGHT need academic help
- 2. Determine if instruction was EFFECTIVE

Curriculum-Based Measurement (CBM)

Reading (Letter name or letter sound fluency; word fluency; passage ORF; maze), plus Math, Spelling, Writing

LNF; LSF; ORF

Maze

Oral read

Silent read & select option

• 1:1

Group administered

• Unpracticed "cold read"

Unpracticed

60 seconds

3 minutes

Score: wcpm

Score: wcr

(words correct per minute)

(words correctly restored)

Maze Assessment

The Visitor

Tap, tap, tap. I was reading a book. But (I, top, bit) kept hearing a noise at the (red, eat, window). Tap, tap. I began reading again. (Clunk, Top, Ball) scrape, tap, tap. I looked out (stick, of, sit) the window. It was dark outside. (I, Did, A) couldn't see anything. I looked back (tick, pit, at) my book. It was hard to (so, find, and) my place.

From Hosp, Hosp, & Howell (2007). The ABCs of CBM

Maze Assessment

"...although correlations between reading-aloud and criterion measures remained moderate to strong across elementary school grades, they were strongest at the primary grades and decreased at the intermediate grades. No such decrease was seen for maze, which remained fairly stable across the grades... For secondary-school students, maze may be the best choice."

Wayman, Wallace, Wiley, Tichá, & Espin (April, 2007). Literature Synthesis on Curriculum-Based Measurement in Reading

CBM-R ORF Scores Correlate with Reading Comprehension

Fuchs, Fuchs, Hosp, & Jenkins, SSR, 2001

Measure	Validity Coefficients
Oral Recall / Retell	
Cloze	
Question Answering	
CBM-R ORF	

accuracy + rate ORF measures indicate TOTAL reading skill

Curriculum-Based Measurement (CBM)

25+ years of research has shown that CBM-R ORF measures that assess ACCURACY & RATE can:

■ Efficiently, accurately (reliable) & effectively (validity) identify student's **CURRENT READING PEFORMANCE** compared to peers

BENCHMARK / SCREENING

WHICH STUDENTS MIGHT NEED ASSISTANCE?

Curriculum-Based Measurement (CBM)

25+ years of research has shown that CBM-R ORF measures that assess ACCURACY & RATE can:

■ Efficiently, accurately (reliable) & effectively (validity) identify student's **PREDICTED READING PEFORMANCE** compared to established goals

PROGRESS MONITORING

IS THIS STUDENT MAKING EXPECTED PROGRESS?

Curriculum-Based Measurement (CBM)- Reading

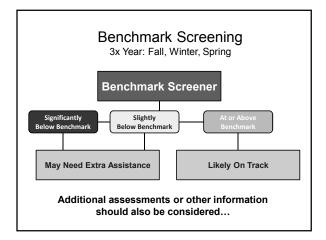
STANDARDIZED PROCEDURES

- Production-based: Oral reading
- 1:1 for 60 seconds
- Unpracticed ("cold" read)
- "Do your best reading" **NEVER** "read as fast as you can!"
- Standardized procedures for scoring errors
- Compute words correct per minute (wcpm)

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Reading Fluency Jan Hasbrouck, Ph.D.

Say these specific directions to the student: "I would like you to read this story aloud for me. Please start here (point to the first word on the student's copy) and read aloud. This is not a race. Try each word. If you come to a word that you do not know, you may skip it and go to the next word." FROM: Hosp, Hosp, & Howell (2007). The ABCs of CBM, p. 145 Say these specific directions to the student: "Please read this (point) out loud. If you get stuck I will tell you the word so you can keep reading. When I say "Stop," I may ask you to tell me about what you read, so do your best reading. Start here (point to the first word of the passage)." Start your stopwatch when the student says the first word of the passage. FROM: Good, R. H., & Kaminski, R. A., & Dill, S. (2007). DIBELS® Oral Reading Fluency **CBM-R ORF Scoring** Mispronunciation/Substitutions (counted every time) ☒ Hesitations/No Attempt (3-5 seconds) Note but **DO NOT** count as errors: ✓ Self-corrections √ Repetitions ✓ Dialect, speech impairments ✓ Punctuation errors ✓ Insertions



Concerns about **Benchmark/Screening**

How can a very short measure of a single, isolated reading skill determine proficiency in the highly complex task of reading?

Three Responses

#1: ORF is NOT a measure of the skill of reading fluency!!

Concerns about **Benchmark/Screening**

How can a very short measure of a single, isolated reading skill determine proficiency in the highly complex task of reading?

Three Responses

#2: Accuracy + rate assessments function like a thermometer...

QUICKLY provide information

- Valid (relevant, useful, & important)
- Accurate (reliable)
- Compared to benchmark...



FEVER FACTOIDS:

98.6 F or 37.0 C

1861 German physician Dr. Carl Reinhold August Wunderlich from a large sample of healthy individuals

1992 JAMA 98.2 F +/- 0.126 (98.1 F to 98.4 F "normal")

QUICKLY provide information

- Valid (relevant, useful, & important)
- Accurate (reliable)
- Compared to benchmark...



BUT... body temperature only one single indicator of general health or illness:

Normal? 103 degrees?

CBM-R measures of accuracy + rate provide **one reasonably dependable indicator** of a student's academic "health" or "illness"—**NEVER** a diagnosis for a treatment plan!

Response # 3

25+ years of Curriculum-Based Measurement research!

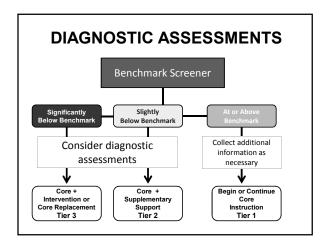
- Reliable
- Valid
- Results useful for key decisions:

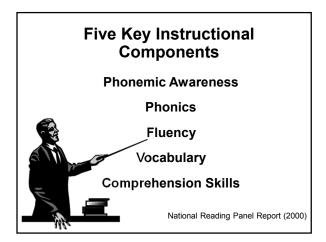
Which students MIGHT need extra assistance?

Is learning happening?

Benchmark/Screening

Progress Monitoring





Assess fluency COMPONENTS (accuracy, rate, prosody) at INSTRUCTIONAL level

Diagnosing Reading Fluency

Assess fluency

MECHANICS

(word reading fluency; text fluency; comprehension)



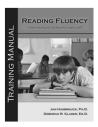
as appropriate...

Reading Fluency:

Understanding and Teaching this Complex Skill

ASSESSMENT CHECKLISTS:

- Phoneme Awareness
- Phoneme Fluency with Print
- High-Frequency Words
- Phonics & Decoding
- Phonograms (e.g., -ake, -ick, -igh)
- Orthographic (spellings)



How FLUENT

Should Students Be?

#1 NO COMPELLING EVIDENCE

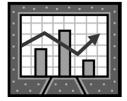
from research or theory or practice that suggest a benefit to reading significantly ABOVE the $50^{\rm th}\%$ ile

2 SIGNIFICANT EVIDENCE that it is

crucial to help students read with fluency at or near the 50th%ile to support comprehension and motivation

Statistical Terminology

- Obtained Score
- True Score
- Error ("noise")



■ Confidence intervals

	Sp
Δ,	7
5	-Dr
١Y	マグラ
X	

pring 2nd Grade 50th Percentile

89 wcpm

GREEN ZONE

99 wcpm or higher

85 wcpm

YELLOW ZONE

84 wcpm

79 wcpm

RED ZONE | 78 wcpm or *lower*

DIAGNOSIS EXAMPLE: FALL

4th grader reading 4th grade passage



94% accuracy 5.5 / 7 comprehension instructional level

ORF: 83 wcpm

DIAGNOSIS EXAMPLE: WINTER

6th grader reading 5th grade passage



frustration level

Try 4th grade passage...

DIAGNOSIS EXAMPLE: WINTER

6th grader reading 4th grade passage



93% accuracy 6 / 8 comprehension

instructional level

ORF: **113 wcpm**



Using DIAGNOSTIC Data

- Examine assessment results: Skill **STRENGTHS**? Skill **NEEDS**?
- Appropriate SERVICE DELIVERY: Classroom only? Supplementary? Intervention?
- Select proven instructional tools **MATCHED** identified needs-- *Provide professional development & support*
- Plan for sufficient instructional **TIME**



CBM-R for Progress Monitoring



Scores compare students' to individual goals rather than grade norms

CBM-R Progress Monitoring **DIFFERENCES**



- Frequency
- Level of passages?
- Number of passages?
- Graph results

CBM Monitoring Reading Progress using CBM-R accuracy + rate measures

- Assess 1x week or 2x month (?)
- Use INSTRUCTIONAL or GOAL or level (?)
- Obtain equivalent passages
- One passage each time (?)
- Set up a graph with an "aimline"
- Administered 1:1
- 1 minute oral reading sample or maze
- Score for words correct per minute



INTERPRETING

Progress Monitoring Graphs



General Rules:

from National Center for Progress Monitoring

Use 5 consecutive scores.

■ If all **ABOVE** goal-line:

Keep current intervention and increase goal

■ If all **BELOW** goal-line:

Keep current goal and modify the instruction

■ If NEITHER ABOVE OR BELOW goal-line:

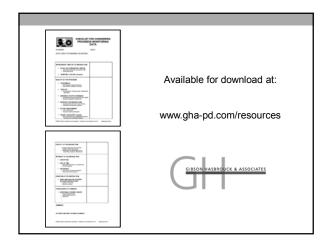
Maintain current goal & instruction & continue monitoring



What to MODIFY?

- Appropriate "MATCH" of instruction
- QUALITY of program & instruction
- FIDELITY of instruction
- INTENSITY of instruction

DURATION	of	instruction



WHAT DO WE DO WITH **FLUENCY ASSESSMENT DATA?**



WEAK comprehension

pervasive patterns of difficulty in interacting with & constructing meaning from text

Assess listening comprehension to determine strengths/weakness in vocabulary or language-related issues

more than 10 words below 50th %ile on H&T norms Assess phonics/decoding on grade level ORF

- **WEAK** fluency Assess phonemic awareness
 - & teach if necessary
 - Teach fluency explicitly
 - Teach comprehension strategies
 - Teach vocabulary

STRONG

comprehension

- Assess phonics/decoding & teach if necessary **WEAK** fluency
 - Assess sight word knowledge
 - Teach fluency explicitly
 - Challenge with high-level comprehension and vocabulary

WEAK comprehension

pervasive patterns of difficulty in interacting with & constructing meaning from text

more than 10 words below 50th %ile on H&T norms

on grade level ORF

fluency at or above 50th %ile

STRONG • Teach comprehension strategies Teach vocabulary

on H&T norms on grade level ORF

STRONG comprehension

STRONG

fluency

at or above 50th %ile on H&T norms on grade level ORF

• Challenge with high-level comprehension and vocabulary

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Developing Fluency

A product of accuracy and automaticity at the letter, letter-pattern, word, and connected text levels



Research on Fluency Instruction

BOTTOM LINE:

"It is critical that we establish...instruction that assist(s) learners in becoming truly fluent readers rather than just fast ones."



Kuhn, Schwanenflugel, & Meisinger, (2010) p. 246

Research on Fluency Instruction

BOTTOM LINE:

"Reading fluency, in all its multifaceted glory...is the natural result of explicit, systematic, and comprehensive instruction coupled with large amounts of carefully orchestrated reading practice."



Hudson, Pullen, Lane, & Torgesen, (2009), p. 26

Research on Fluency Instruction

BOTTOM LINE:

The natural result of $\ensuremath{\text{INSTRUCTION}}$

- Explicit
- Systematic
- Comprehensive instruction



Lots of carefully orchestrated reading **PRACTICE**

Hudson, Pullen, Lane, & Torgesen, (2009)



Fluency Instruction TRIPLE A:

Hasbrouck & Glaser (2012)

- Read words with reasonable ACCURACY
- Read words and connect with ideas AUTOMATICALLY
- ACCESS meaning



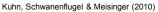
Research on Fluency Instruction

- Oral, guided reading practice with feedback improves fluency for "typical" students
- Independent practice (silent reading) NOT sufficient to improve fluency NICHD (2000)



Research on Fluency Instruction

- Repeated reading (deep reading) remains the "gold standard"
- Assistance more effective (feedback; reading with model)
 Kuhn & Stahl (2003)
- Prosody develops from acquiring efficient word & text reading skills





Research on Fluency Instruction

Wide reading

(vs. repeated reading) may be best strategy for improving fluency for some Kuhn et al., 2006

 Wide reading must be monitored & students held accountable

Reutzel et al., 2008



Research on Fluency Instruction

 Structured partner reading improves fluency

Osborn, Lehr & Hiebert (2002)

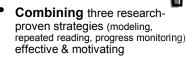
 Cueing for accuracy & rate helps improve fluency

O'Shea & Sindelar (1984)



Research on Fluency Instruction

 Challenging passages (85% accuracy) beneficial with sufficient support & monitoring Stahl & Heuback (2005)



Hasbrouck, Ihnot, & Rogers (1999)



FLUENCY INSTRUCTION

Tier 1: On Level

Students at benchmark and able to succeed with classroom instruction

Tier 2: Supplementary

Students needing some extra targeted skills instruction to keep them at level or catch them up

Tier 3: Intensive

Students significantly behind their peers or with special learning challenges



FLUENCY INSTRUCTION

ALL STUDENTS Tiers 1, 2, 3

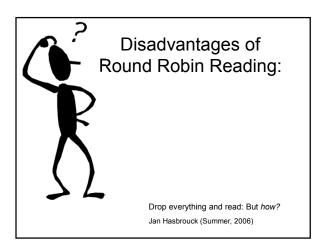
In-class practice opportunities

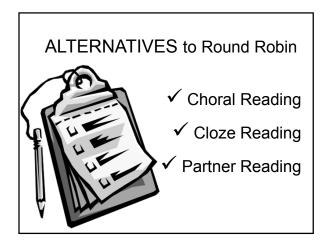
SUPPLEMENTAL & INTERVENTION Tiers 2 & 3

Explicit, systematic instruction & supervised, sustained practice



Passage Reading Practices to Improve Fluency TRADITIONAL PRACTICE: Round robin reading from science, social studies, literature, chapter books Students take turns reading parts of a text aloud





CHORAL READING

Whole class reads **ALOUD & TOGETHER** from same selection

NON-THREATENING practice

PROCEDURE

- Orally read with students
- Read at a moderate rate
- Use pre-correction procedures: "Keep your voice with mine."



CLOZE READING

ASSISTS students in reading difficult material

Provides GROUP PRACTICE & MAINTAINS student ATTENTION

PROCEDURE

- Orally read the material to students
- Read at a moderate rate
- Pause & have students say the next word
- Intentionally delete "meaningful words"

The Right to Read

Reading is important. It is a useful skill. People who can read have an easier time in life. They can read traffic signs, menus and maps. They can pass a test to get a driver's license. They can apply for a job. Reading is also powerful. People who can read can learn about all kinds of things.

However, not everyone can read. Some experts study reading. They say that one out of every sixth person in the world can't read. There are many reasons for this problem. Some countries do not let girls go to school. In those countries, many women cannot read. Other people live in very poor countries. No one can afford to learn to read in these countries. They are busy trying to find food to eat. Many countries are at war. Their people are fighting to stay alive. They do not have time to learn to read.

STRUCTURED PARTNER READING

PROCEDURE

- ASSIGN students partners
- Designate amount to read to partner
- When an error is heard, teach students to use the "Ask, then Tell" procedure:

ASK "Can you figure out this word?"

TELL "The word is _____." "Read the sentence again."

Establishing Partners

- Avoid pairing highest and lowest skilled readers
- Consider taking lowest readers into a small group for practice with the teacher



Establishing Partners Ebonie Michael 21. Quan 22. Kyesha Jazmine 2. 3. 4. 5. 6. 7. 12. 13. Andrea Ezra Bobby 23. Francisco Celisse 14. Juan Angelica Marsha 15. Amy Krishon 16. 17. Hyun Ha Sammy Mari Isaac 18. Harry Orlando 19. Sarah Jane 10. Miquel Ashley

PARTNER READING VARIATIONS

Side by Side- Reading to a Partner

Students sit next to each other with one book between them. One partner reads & points to the words; the other partner follows along.

Shoulder to Shoulder- Reading to a Partner

Students sit facing opposite directions with shoulders aligned. Each partner has a book.

Reading WITH a Partner

Students sit side to side with one book between them.

Both partners read at the same time as partner one touches the words.

FLUENCY INTERVENTION THREE STEP MODEL

✓ ACCURACY





✓ GRAPHING FOR FEEDBACK

FLUENCY INTERVENTION THREE STEP MODEL

- ✓ Place students in appropriate level
- ✓ Assign wcpm goal:



Placement baseline + 30 for Gr. 1.5 to Gr. 4

Placement baseline + 40 for Gr. 5+

FLUENCY INTERVENTION

(1) FOLLOWING A MODEL

Reading along with a model of **ACCURATE** reading from an audio tape/CD

OR a skillful reader

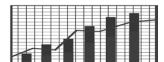


(2) REPEATED READING

Students **REREAD** passage orally to themselves or a partner until goal achieved (4-10 times)

(3) MONITORING PROGRESS

Students **GRAPH** their performance: "Cold" reading first; then again after practice



PROVIDING FLUENCY INTERVENTION AT A

CHALLENGING INSTRUCTIONAL LEVEL

Model to provide SCAFFOLDING
 Students must WORK HARD toward achieving goal to see real progress

■ 3X PER WEEK 25 minutes *minimum*

-	Model
	■ St
	T

Providing Fluency Instruction to BEGINNING Readers? FOUNDATION of fluency? ACCURACY!

Commercial Fluency Programs

At the SOUND, WORD, & PHRASE level

 Read Naturally Levels .8- 8.0
 Audio tapes/CD or software editions

■ Six Minute Solution K-2 Gr 3-6 Gr 6-9 Partner reading practice

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NATIONAL ORAL READING FLUENCY NORMS

Hasbrouck & Tindal (2006)

Grade	Percentile	Fall WCPM*	Winter WCPM*	Spring WCPM*
	90		81	111
	75		47	82
1	50		23	53
	25		12	28
	10		6	15
	90	106	125	142
	75	79	100	117
2	50	51	72	89
	25	25	42	61
	10	11	18	31
	90	128	146	162
	75	99	120	137
3	50	71	92	107
	25	44	62	78
	10	21	36	48
	90	145	166	180
	75	119	139	152
4	50	94	112	123
	25	68	87	98
	10	45	61	72

Grade	Percentile	Fall WCPM*	Winter WCPM*	Spring WCPM*
	90	166	182	194
	75	139	156	168
5	50	110	127	139
	25	85	99	109
	10	61	74	83
	90	177	195	204
	75	153	167	177
6	50	127	140	150
	25	98	111	122
	10	68	82	93
	90	180	192	202
	75	156	165	177
7	50	128	136	150
	25	102	109	123
	10	79	88	98
	90	185	199	199
	75	161	173	177
8	50	133	146	151
	25	106	115	124
	10	77	84	97

^{*}WCPM = Words Correct Per Minute

NATIONAL ORF NORMS

50th Percentiles

Hasbrouck & Tindal (2006)

Grade	Fall wcpm	Winter wcpm	Spring wcpm
1		23	53
2	51	72	89
3	71	92	107
4	94	112	123
5	110	127	139
6	127	140	150
7	128	136	150
8	133	146	151

GREEN zone 10 or more to -4 YELLOW Zone -5 to -10 RED Zone > 10 below