

READING SKILLS

Reading Tips

1. Pick a space conducive to “active” reading. If you fall asleep on the couch every time you pick up your textbook, you should consider changing places!
2. Begin reading when your mind is fresh. If you find yourself reading the same paragraph again and again, put the book down and work on another activity.
3. Read more difficult material first. Once you get through more difficult material, you will need less brain power to finish other projects.
4. Make reading active by using the SQ3R method. This multi-step process helps keep the mind engaged and purposeful while reading.
5. Incorporate different learning styles into reading, such as reading aloud, tracking by using your finger as you read each line, or putting checks, stars or other notations in the margins by important information.
6. Limit the amount of reading you do at one time. Establish clear and limited goals at the beginning of a reading session and take a break when you reach the goal.

