

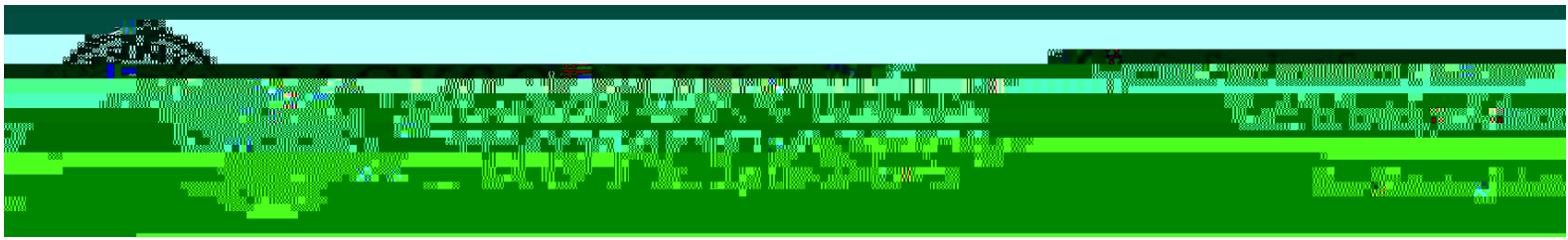
Tips for Text Book Reading



Prepare to Read

DON'T just jump directly into reading a chapter without first preparing to read! Reading preparation takes about **ten minutes** and can **increase** the **amount** of text you **understand** and remember the first time you read.

Remembering more from the beginning **saves time** when studying for a test. So how do



To determine your "reading attention span" - **time yourself while reading part of a chapter.** Using a stopwatch, start from the moment you begin reading to when your mind begins to wander.

This amount of time indicates **your attention span**, and you should be able to remember what you have read in that time frame. **It is a good idea to read for that amount of time and take breaks in between to increase the amount of information you recall.**

4. **Engage in Active Reading** – Active reading involves goal setting, note taking, and underlining & highlighting while reading – taking an active role in reading rather than simply skimming the