

When reading is tough...

- Read it again
- Look for essential words
- Hold a mini-review
- Read it out loud
- Talk to someone who can help
- Stand up
- Skip around (in the reading)
- Find a tutor
- Use another text
- Note where you get stuck
- Take a break from reading
- Look to technology—apps like **Pocket** and **Voxdox** can help organize your readings and have text-to-speech features!

Still having trouble? Set up an appointment for 1-on-1 coaching with our academic success coaches through MyPLAN!

**First-Year Experience
& Transition Programs
Love Library South 127
Phone: (402) 472-1880
success.unl.edu**

Getting Started

Now that we have reviewed some reading strategies, make a commitment and write down which strategy you are going to try.

Next write down the reading assignment with which you are going to apply this new reading strategy.

New Reading Strategy:

Reading Assignment:

It is important to note that these strategies do take some time and it might not always be realistic to complete every single step for each reading that you have. Try out a few different strategies and stick with **what works best for you!**

References:
Ellis, D. (2013). When reading is tough. *Becoming a master student* (14th ed.) Mason, Ohio: Cengage Learning.



It is the policy of the University of Nebraska–Lincoln not to discriminate based upon age, race, ethnicity, color, national origin, gender, sex, pregnancy, disability, sexual orientation, genetic information, veteran's status, marital status, religion or political affiliation.



First-Year Experience & Transition Programs

From the FYE & TP Academic
Success Workshop Series:

Reading Strategies



success.unl.edu

Why do we need reading skills?

- College will require more extensive reading compared to high school. You may be required to read numerous chapters a week, and that's just for one class!
- Textbook reading is very different from reading for pleasure and requires that you read with a purpose

Reading is a three part process:

Before you read,

While you read

After you read.

There are several steps and strategies in this three part process. Choose the strategies that work best for you and implement them, slowly work up to going through all of the steps.

Muscle Reading

- | | | |
|---------------|---|--------------|
| Before | { | Preview |
| | | Outline |
| | | Question |
| ----- | | |
| While | { | Focus |
| | | Flag Answers |
| ----- | | |
| After | { | Recite |
| | | Review |
| | | Review Again |

Before You Read

This phase is very important and only takes a few minutes but is often skipped.

- Quickly skim the reading. Focus on:
 - ◇ Chapter title
 - ◇ Introduction
 - ◇ Major headings
 - ◇ Bold or italicized words
 - ◇ Graphics (pictures, charts etc.)
 - ◇ Chapter summary
- Make an outline
 - ◇ Use chapter titles and bold headings
- Write down questions you have before reading

1) _____
a) _____
i) _____
(1) _____
(a) _____
(i) _____

While You Read

- Make sure you are in a good environment that will help you focus
- Change up your study environment
 - ◇ Ex. Study English in your dining room, Math in the kitchen and Chemistry in the living room
- Limit reading sessions to realistic amounts of time
- Schedule breaks in between sections
- Set goals for yourself
 - ◇ Reward yourself with an enjoyable activity for 10-15 minutes every hour

What is your ideal study environment?

- Low lighting vs. Bright lighting
- Quiet vs Noisy
- Formal area (desk) vs. informal (couch)

While You Read...continued

- Pause frequently to summarize and restate ideas
- Flag answers to questions you wrote down
 - ◇ Highlighting, underlining, writing comments or filling in your outline
 - ◇ Being physical with your books builds strong neural pathways into your memory
 - ◇ **Try to only mark up about 10% of text**

After You Read

- Write a brief summary of what you read
- Talk to yourself or someone else about what you have read
 - ◇ Restate the information in your own words
- Look at an underlined point then put the book down and start talking about it
- Review-within 24 hours of reading
 - ◇ Moves information from your short-term memory to your long-term memory
- Review again - this can be a short review but it will save time during exam time
 - ◇ Reviews will keep neural pathways open and make information easier to recall

For every 1 credit hour enrolled you should study 2 hours outside class. This includes reading and review course materials