

EFFECTIVE READING STRATEGIES

Effective reading is not about speed, it is about understanding, processing, and remembering what you read.

Focus on Main Ideas

Focus on understanding the major concepts, supporting evidence, and connections between ideas, not every sentence. Look for repeated themes, key terms, examples, and information emphasized by your instructor. Ask yourself:

- What are the most important ideas from this section?
- How would I explain this concept in my own words?
- How does this connect to what I already know?

Adjust Your Reading Strategy

Different types of reading require different approaches. Choose a strategy based on your purpose and the type of material you are reading.

- **For learning new concepts:** Slow down, take notes, and pause to summarize key ideas.
- **For reviewing familiar material:** Focus on areas you do not fully understand and test your ability to recall important concepts.
- **For exam preparation:** Use your notes, annotations, and active recall strategies to test what you know.

Manage Difficult Readings

When a reading feels overwhelming, avoid simply rereading the same section repeatedly. Instead, identify what is unclear and use strategies to improve your understanding. Try:

- Breaking the reading into smaller sections.
- Defining unfamiliar terms or concepts.
- Summarizing complex ideas in your own words.
- Connecting difficult concepts to examples.
- Writing down questions to discuss in class or office hours.

Improve Reading Efficiency

- Remove distractions and create focused reading time.
- Prioritize sections that require deeper attention.
- Take short breaks during longer reading sessions.
- Avoid spending equal time on every part of a reading.



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