

Textbook reading

As a student you dedicate a lot of your study time to the completion of course readings. Here are some strategies to help you become a more effective reader:

1. **Develop a more positive attitude about reading.** If you dislike what you are reading you will have a negative reading experience. Try to find a way that your reading can be a positive experience. If your first thought when you open a textbook is “Ugh” you will be less likely to engage in the reading.
2. **Read with coloured pens or a highlighter handy.** Only underline between 15% - 25% of your textbook. If you are highlighting less you are not getting all of the critical information. If you are highlighting more you will have to reread the majority of the chapter again thus defeating the purpose.
3. **Separate understanding from memorization.** When your goal is reading to memorize the information, it will be lost in a day or two. If you read to learn and understand, the information will become part of your knowledge bank that you can draw on when needed.
4. **Build vocabulary knowledge.** Always read with a dictionary nearby to enhance your vocabulary. This will make reading faster in the long run.
5. **Read in the right conditions.** Read when you are most alert, in a well-lit area and seated comfortably in a chair.
6. **Use the SQ3R Method.** The SQ3R method helps students read efficiently for long term memory. See additional worksheet for the summary of this reading tool.
7. **Learn how to read critically.** Critical reading is a more complex engagement with the text. It is a process of analyzing, interpreting and evaluating the larger meanings of the text, and how those meanings are created by the text. This process is allowing you to read for long term memory and understanding. See the handout on reading critically.
8. **Be patient with yourself.** Reading improvement takes time. With practice you will see the results.
9. **Visit a success coach.** If you would like more information on how to incorporate these strategies into your study routine, or want to learn additional strategies visit a success coach. To book an appointment, visit the student success office (2nd floor of south campus hall) or call 519-888-4567 ext. 84410.

Adapted from - Simon Fraser University & University of Waterloo Counselling Resources.

