



Reading and Remembering

Strategies to help you retain information



Reading Difficult Material

- Read in an environment that's comfortable for you
- Read when you are most alert
- Break down large parts into smaller parts
- If necessary break your reading time into shorter periods
- Feel free to take notes if you need to



Before reading

- Have a purpose for reading
- Skim first read later
- Look at any and all charts, tables, graphs, etc.
- Relate the material back to what you've learned already

While reading

- Remember and/or note key words
 - Bold or italicized words/phrases
- Look for topic sentences and main points
 - write down or highlight the main points
- Write any questions you have then try to find the answer
- Mark any paragraphs you have difficulty with

After reading

- If you need to:
 - write the main points
 - Write a summary
 - Outline the reading

Remembering

- Associate
 - Associate important points with supporting details
- Visualize
 - Create a picture in your mind
- Concentrate
 - Try not to look back
- Repeat

Tips and Tricks

- Feel free to mark up your text
- Take notes either on a separate sheet of paper or on the text
 - If on a separate sheet, be sure to write down page numbers for quick reference
- Try to put thing in your own words
- Don't be afraid to read with a dictionary by your side

SRQ Method

- Survey
 - Preview the reading
- Question
 - What and/or why?
- Read
- Recite
- Write
- Review
