**Reading Strategies**

**Reading as a three-part process:**

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

### Muscle Reading

**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.

### While You Read

- Make sure you are in a good environment that will help you focus
- Change up your study environment
  - Example: 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
- Build strong neural pathways into your memory by:
  - Highlighting
  - Underlining
  - Writing comments

*Try to only mark up about 10% of the text*

### After You Read

- Review
- Review Again

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

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After You Read

- Write a brief summary of what you read
- Talk to yourself or someone else about what you have read
  o 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
  o 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
  o Reviews will keep neural pathways open and make information easier to recall

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 Vodox can help organize your readings and have text-to-speech features!

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.

Don’t get caught by the TOP 3 Reading Challenges:

1. Procrastination
2. Shorter than expected attention spans
3. Unrealistic expectations

Many students get caught in the trap of believing that they can read an entire chapter in a college-level textbook in under an hour. For most, that’s unrealistic. Be sure to plan ahead and recognize that with particularly dense & difficult material, attention spans for reading may be much shorter than for other, lighter readings. Break up reading assignments into manageable chunks for maximum efficiency. Remember, make reading an active process by taking notes and highlighting the material. All this takes time – don’t wait until the night before the lecture to read the chapter material.

Places to Study

It may take a while to find your perfect place but, in the meantime, below are a few to try out. Remember your perfect place may change over time.

Dodge Campus
Criss Library
Community Engagement Center
Roskens Hall Commons
Pep Bowl/Plaza (Outside)
Multicultural Affairs Office

Pacific Campus
Peter Kiewit Institution
Mammel Hall

Off-Campus
KANEKO UNO Library

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