

Being able to happily read a text successfully is a skill.
Here are some tips to help!

1. Practice good nutrition and stay hydrated. It may seem silly - we're not playing a sport right now or going for a run...but good nutrition and drinking plenty of water helps your brain just as much as it helps your physical health.
2. Focus on “why” you’re reading this particular text before you begin. Perhaps you’re trying to get a better grade, or just simply a good grade in general. Maybe you’re reading this particular text to learn something, or simply to understand something more clearly.
3. Figure out what you need to get out of this when you’re done. For example, do you need to understand the entire text? Are you looking for specific events or information? Use a highlighter if you can, and think about what you’re being asked to pull from this reading passage.
4. Set smaller targets to start off. Use the page numbers or chapters as goals...but remember that your goal needs to include *understanding* what you’ve read, not just finishing it to say that you’re done.
5. Take time to be proud of your accomplishments. It is important to make time to reflect on things in many different parts of your life...this is no different. When you finish a section and feel as though you have a good understanding of it, take pride in that! You set a goal and you’ve met it! Take time to recognize that for yourself and then carry on...time to set the next goal.
6. Take breaks to recover and refresh. If you notice your mind straying into daydream mode, stop your reading for a moment and take a break. Do what you need to do to re-center and focus. Remind yourself what you’re looking for in the text, take care of any distractions (i.e. put your phone in another room), then pick up where you left off. You might find that you need to backtrack a bit in order to remind yourself what was happening.

7. As you begin reading, review the structure of the whole text. Is this a long book? Is it a two page article? Are there pictures? Are there bold-type headings? How will you break down the reading into shorter goals for yourself?
8. Make notes to help remember events or important information. What are you supposed to remember from this reading? Characters? Events that are happening as the story unfolds? Use a highlighter or take notes along the way.
9. Review and summarize as you finish a section. This is really a self-check for understanding. Important: do NOT move forward if you don't understand what you've just read. It is absolutely fine to re-read something because you were distracted for one reason or another. Once you feel semi-confident you understand what just happened, jot down a few notes with important points or events from the section you've finished.
10. Remember, just like all great things, getting better at reading takes practice. **You are a good reader.** The more you read and the more you practice, the better you'll become.

