

ACTIVE READING STRATEGIES

The Institute for Learning and Teaching (TILT)

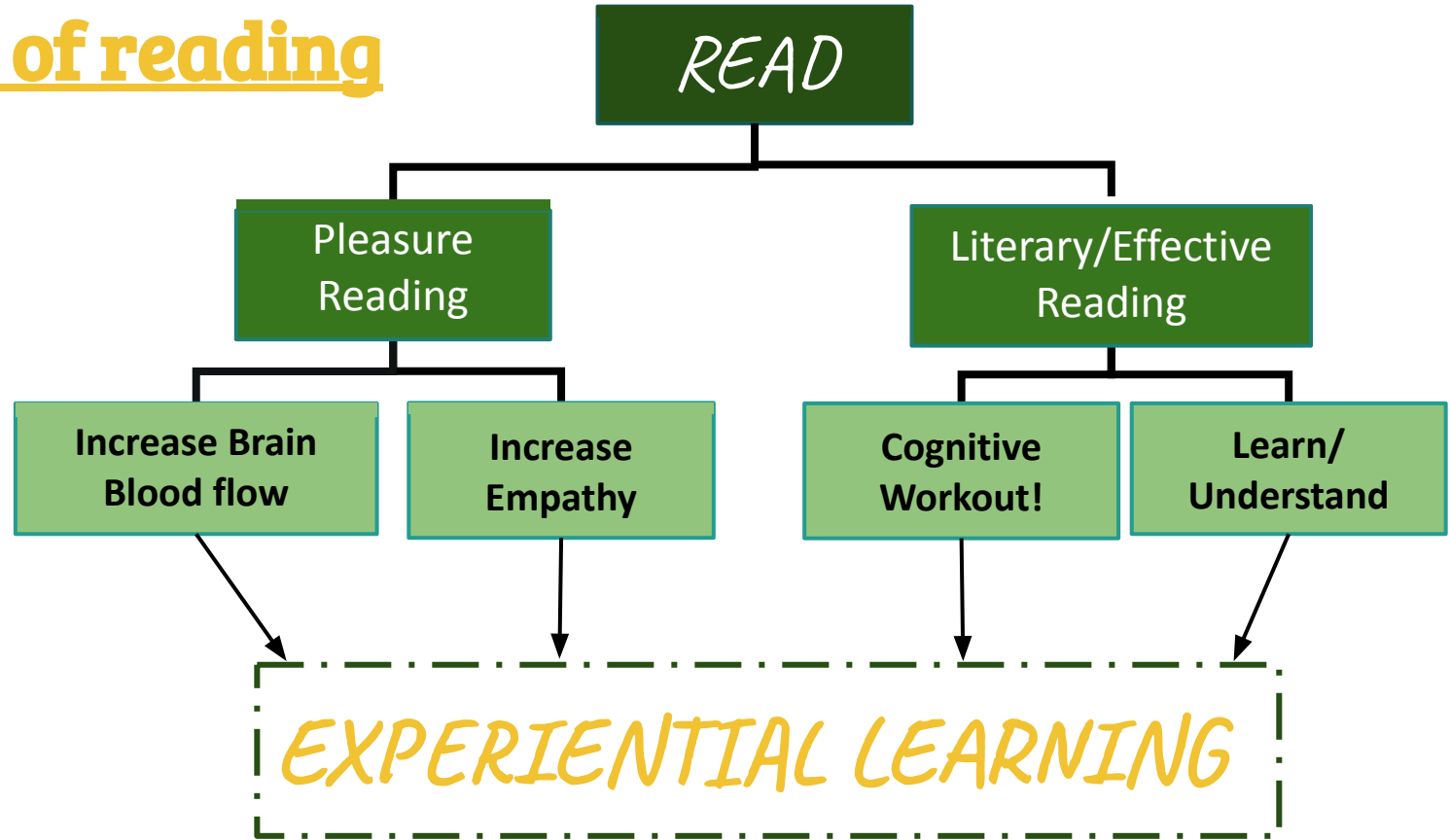


Colorado State University

SCIENCE OF READING



Science of reading



WHAT DO WE GET OUT OF READING?

- **Reading workouts your brain, promoting relaxation**
- **Develops theory of mind that deepens social connections**

The ability to grasp that someone's thoughts and beliefs might be different than your own

- **Shown to be the best reducer (up to 68%!) of stress compared to other methods**
- **Brains are muscles, stimulation keeps neural networks open and lessens the chance of deterioration**
- **Future job!**



PASSIVE VS. ACTIVE

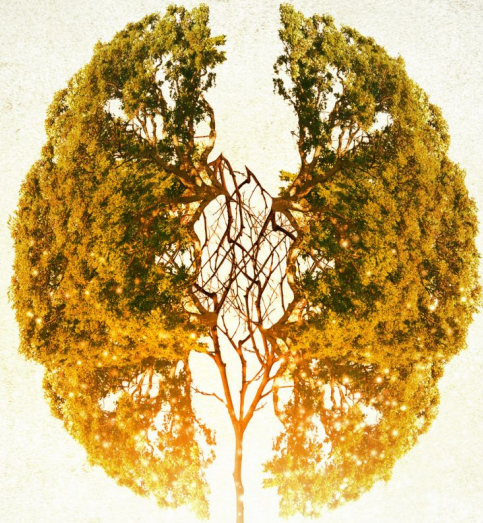
X Casual Reading
X Re-reading
X Highlighting
X Cramming

✓ *thinking*
✓ *analysis*
✓ *application*
✓ *transformation*



Story sequence → Increased Attention Span

Reading more
develop greater
brain mass



Senses

stimulate
parts of brain
depending on
what reading
about

Reading
physically
alters
our
brain!



**To read without reflecting is
like eating without digesting.**

Edmund Burke

DIFFICULTY WE ENCOUNTER DURING READING

Can't stay focused - Pay attention to your environment and distraction

Poor short-term memory - take notes

Don't understand - utilize outside resources

Too much reading - break the reading to smaller section



FACTORS THAT IMPACT OUR READING ABILITIES



Neurological and Cognitive Factors

What does this mean?

The makeup of our brains on a neurological level impacts our ability to learn.

How does this apply to me?

The Individuals with Disabilities Education Improvement Act is law. Supports are in place if you need it- including here on campus!





Environmental Factors

What does this mean?

Our environment greatly impacts the development of our cognitive growth and ability to focus!

- Where do you like to study?
- When do you do your studying?
- Who do you study with?
- What distraction are nearby?

Intelligence and Intellectual Factors

What does this mean?

Intelligence is what we know, and how we learn.

✓ Consider: Cultural bias in intelligence testing

How does this apply to me?

Practice good study habits

Attend office hours and tutoring

Plan ahead

Always aim higher than you think!



Language Factors

What does this mean?

Language development impacts our reading abilities. This includes the age we begin talking, language and speech disorders and our native language.

How does this apply to me?



Self- check:

Are you understanding vocabulary?

Are you understanding big concepts?

Can you verbally explain your reading?



Emotional Factors

What does this mean?

Our emotional state of mind impacts our ability to learn.

How does this apply to me?

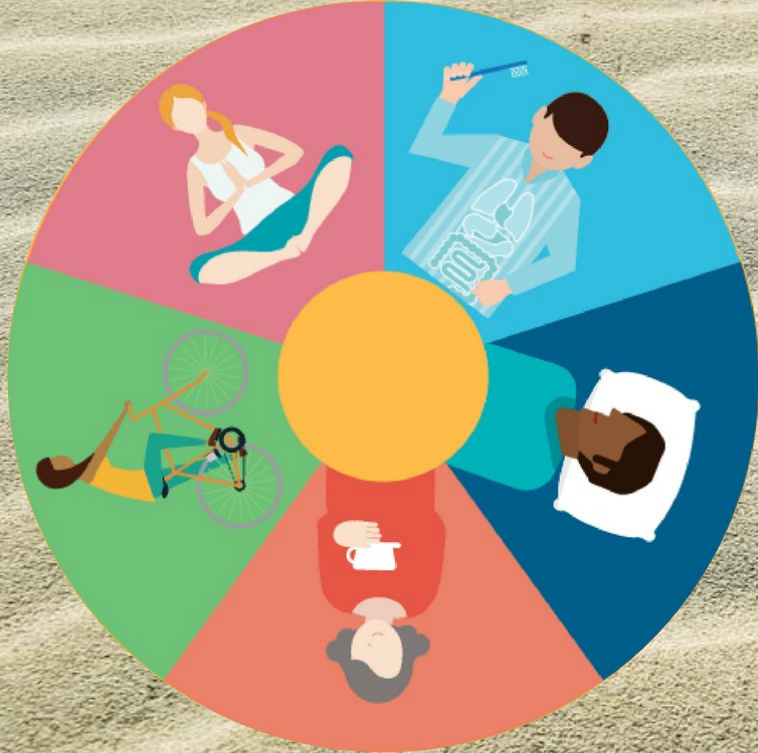
☒ Self-Check:

Practice Self-Care
Get enough sleep
Take breaks

Ask for help
Exercise
Eat healthy foods



Physical Factors



What does this mean?

Our physical body and health impact our learning abilities- including sight, hearing, gender differences, illness and injury.

How does this apply to me?

Exercise

Get enough sleep

Eat well

Take care of yourself

Go to the doctor

Know your limits

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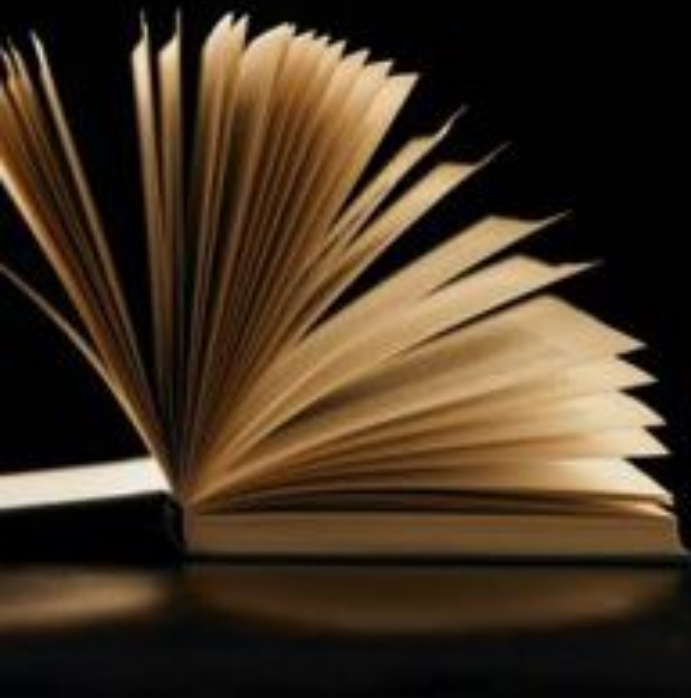


Hand Pacing Techniques

- Pointer: Pencil / Finger to lead your eyes
- Moving/sliding index finger to sharpen focus and speed
- Learned it when we were younger
- Benefits
 - Great for speed reading
 - Teach your mind to concentrate
 - Guide eyes during reading
 - Improve retention



SKIM READING



- Reading rapidly to get general idea of material
- **PRO**: great for saving time
- **CON**: overlook important section
- When to use skimming techniques
 - Surveying your reading before diving in
 - Re-reading section you don't understand
 - Reviewing a read you already have done
 - When looking for specific source
 - Review for a test

Scanning

- Identify key words
 - Numbers, vocabulary, trigger words, etc.
- Practice your speed to identify key sentence
- Expert reader: skim & comprehend
- Locate then deep read on particular sections



- How to scan read:
 - Know what you are looking for
 - Look for keywords
 - Practice floating rapidly until you find the section
 - Read the surrounding materials carefully

Active reading strategy

S Q 3 R

SURVEY

Skim the text and find the main ideas.

What can I learn from the text?

QUESTION

Think about what you already know about the topic

What do I hope to learn from the text?

READ

Look for answers to your questions.

RECITE

Consider what you want to remember from the

RECALL

Reread your notes and link the information with your own experience.

Reading to Remember and Understand

69% of college graduates (bachelors) are not proficient at reading

Before

SURVEY
QUESTION

During

READ

After

RECITE
RECALL

Benefit of SQ3R

- ❖ Provide easy to use techniques used by highly proficient readers
- ❖ Start with predetermined mindset of how & why reading is important
- ❖ Use various techniques to improve retention
- ❖ Aware of cognitive process while reading
- ❖ Monitor own understanding
- ❖ Use active reading strategies



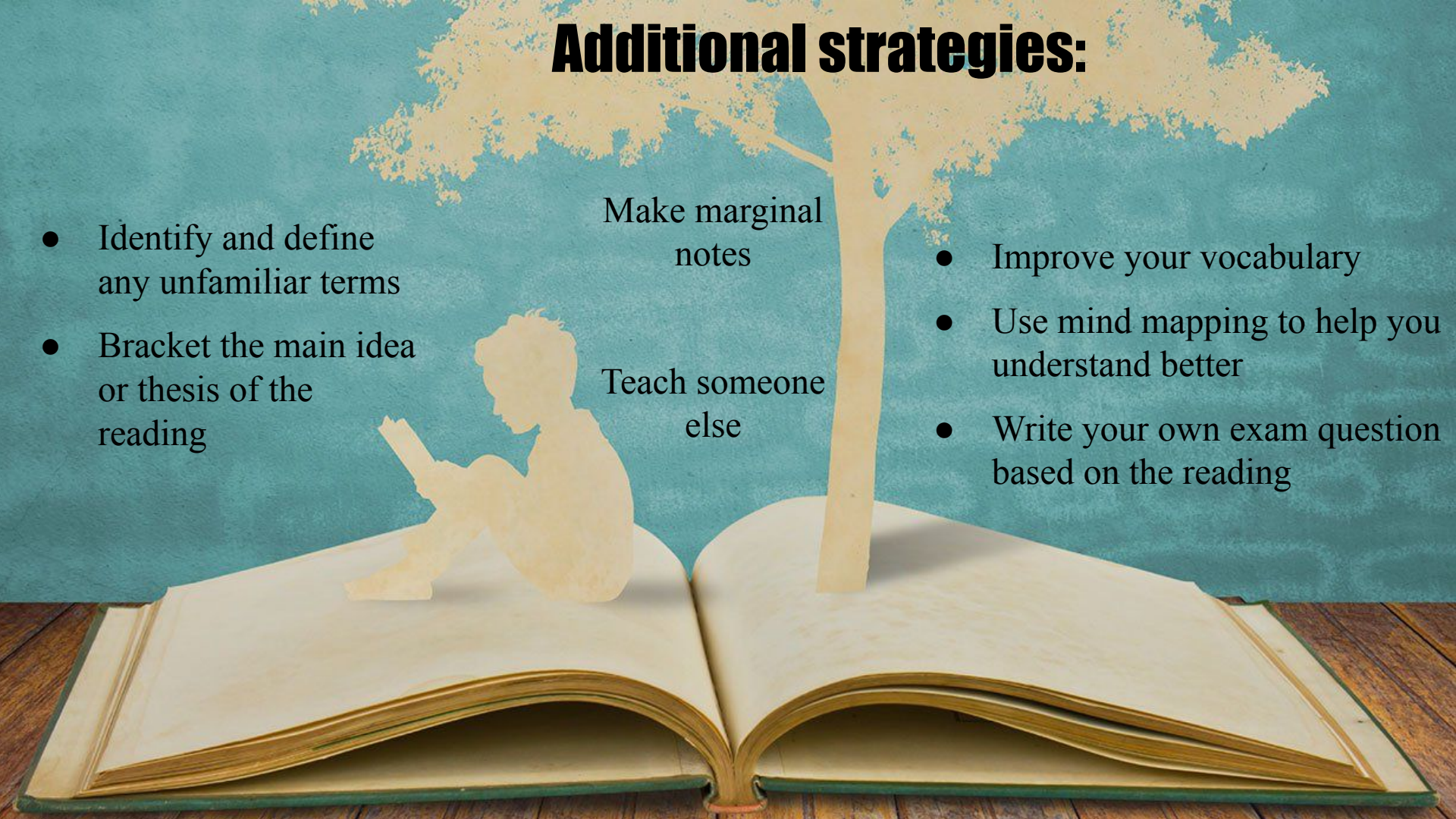
Additional strategies:

- Identify and define any unfamiliar terms
- Bracket the main idea or thesis of the reading

Make marginal notes

Teach someone else

- Improve your vocabulary
- Use mind mapping to help you understand better
- Write your own exam question based on the reading



Contact Us

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Thank you



Colorado State University