



Preview the material to see the main idea of the reading. This will help you plan your reading and prepare your brain to better understand and remember what you're reading.

- Spend about 5-10 minutes familiarizing yourself with the reading assignment (skimming the chapter)
- Pay attention to the following:
 - title and intro
 - subheadings
 - diagrams, pictures, and charts
 - summary, questions, or review at the end of the chapter
- Plan for reading:
 - What are the main ideas?
 - How long will it take?
 - What do you think you'll need to know for a test or paper?



Read actively not passively. Reading actively will help you understand the material and remember it later.

- Monitor your attention and understanding regularly so you can ensure you know the concepts in each section.
 - Quiz yourself every once in a while on the material you were just reading.
- Underline key words or phrases and write notes in the margin. Use highlighters sparingly.
- Take notes on important concepts while you read.
- Break up your reading assignment into manageable sections. Tackle them one at a time.
- Take a short break if you're getting easily distracted or you're unable to focus



Recall and quiz yourself so you can remember the information. You lose most information after 20 minutes of reading and/or hearing it unless you review it immediately.

- Turn the heading or first sentence into a question and answer it after you've finished reading the section.
- Close the book after a paragraph or section and see if you can explain aloud the concepts and information in your own words. Explaining aloud will help your brain take store the information more effectively.
- Ask yourself questions as you read and answer them with the information from the text.
 - What differences exist between _____?
 - How is _____ an example of _____?
 - What evidence can you present for _____?
 - What are the features of _____?
 - What would you predict from _____?
 - What solutions would you suggest for _____?
 - Do you agree that _____? Explain.

Preview – Read – Recall (PRR) Method