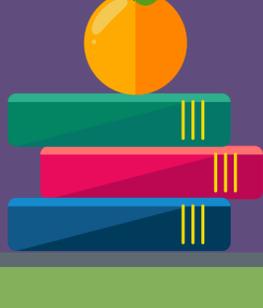


Reading



EDUCATION

People can experience difficulties reading after concussion for a number of reasons. In some cases, the eyes may not be working well together. In others, a person may experience difficulty paying attention to what they are reading, processing and understanding the information, or remembering it.

There are three different styles of reading academic texts: skimming, scanning, and in-depth reading. Each is used for a specific purpose.

Skimming

means to read a page or handout by reading the headings and first sentences of each paragraph or section.



Scanning

involves searching through the material for specific information, such as a specific word (or its synonym) or reference, or answer to a question.



In-Depth Reading

is the most involved and the purpose is to understand the concepts and arguments that the text contains.



Ask yourself questions before you read like: What is the topic? What do I already know? Why was this assigned? This helps prep your brain to focus on the most important information.

Each time you finish a page of reading, ask yourself what you've learned and what you think you will learn next before moving on to the next page.

Pick a location to read with minimum distractions. A quiet environment will help you concentrate on the text.

Write instead of highlight. Write questions, key words, and text summaries in the margins. The act of writing makes it easier to retain what you are reading.

Set a time limit to read based on how you feel. Reading for shorter periods with more frequent breaks makes reading more manageable.

Reduce screen time and eye strain by printing materials when possible, or using screen readers and audiobooks



STRATEGIES



Rest your eyes. Try the 20-20-20 rule: every 20 minutes, take a 20 second break, look at something stationary 20 feet away.

Link new facts, terms, and concepts you already know. Information is easier to remember if it is personally meaningful.

See it, say it, hear it. The more senses you use to learn the easier it is to remember what you have read.

Make outlines, charts, and diagrams to map out ideas visually.



SQ3R IS AN INTENTIONAL READING STRATEGY THAT CAN HELP YOU TO ACTIVELY READ, REMEMBER WHAT YOU HAVE READ, AND ANALYZE INFORMATION IN TEXTBOOKS.



SURVEY

Skim through the text and read headings/sub-headings and sentences. Read summaries at the end of chapters and books.



QUESTION

Turn paragraph headings into questions and write them out.



READ

Read with purpose to answer your questions. Write notes in margins, in your own words, under each question. Use sticky notes if you do not own the book.



RECALL

Without looking at the text or your notes, visualize or say in your own words the main points of the material. Do this immediately after reading. Spend more time recalling or mentally summarizing than reading.



REVIEW

Look at your questions, answers, notes and book to see what you recalled. Revise if needed.

TECHNOLOGY

- Use the timer on your phone or download a focus timer app (**Be Focused – Focus Timer**) to alert you when to take a break when reading.
- Use a piece of paper or line guide (low-tech options) to cover up text you are not looking at so that your eyes can better focus on the text you want to focus on.
- Use audiobooks or apps (**Voice Dream**) that help read text to you simultaneously while reading to increase understanding.

