



Center for Student Success Swisher Library, 3rd Floor

To determine your "reading attention span" - **time yourself while reading part of a chapter.** Using a stopwatch, start from the moment you begin reading to when your mind begins to wander.

This amount of time indicates **your attention span**, and you should be able to remember what you have read in that time frame. **It is a good idea to read for that amount of time and take breaks in between to increase the amount of information you recall.**

4. **Engage in Active Reading** – Active reading involves goal setting, note taking, and underlining & highlighting while reading – taking an active role in reading rather than simply skimming the words. Becoming an active reader means that you will **understand more of what you read the first time** and be able to identify the important information in your book.

3.9 Tmfe o1.8 Tm2 Tr 309 words