Assess your Reading Strategies

Reading Strategies	Already Do (2 points)	Plan to Do (1 point)	Not Interested (0 points)
Reading Routine (ex: morning during breakfast, at night in bed, etc.)			
Have a quiet environment where you can concentrate best.			
Turn off the phone, TV, and other devices that may disturb you when reading			
Listen to soft music or other white noise.			
Read in a way that suits your learning style (this could be listening to audio books, doodling in the margins of the book pictures connected to themes or concepts from the reading, etc)			
Take regular breaks during reading, like 5 minutes every hour.			
Follow the 3 R's for successful college readers: 1. Read- Go through the chapter, reading each paragraph 2. Record- Be able to take notes describing the main takeaways for each paragraph 3. Recite- Verbalize the learning without looking at notes/ text.			
Summarizing reading with a few key questions and answers			

PSP

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Use SQ3R 1. Survey- Quickly overview chapter headings/subheadings 2. Questions- Create questions based on headings in the text 3. Read-Read the text with the goal of answering your questions 4. Recite- Verbalize main points without looking at notes or text 5. Review- Check your answers. Fill in the gaps.			
Make connections between the topics you are reading about and what you already know. (you can make a KWL chart during/after reading: http://whysospecial.com/wp-content/uploads/2013/02/kwl-1.jpg)			

Assess how you're doing:

How many strategies did you check in row 1?   ____ x2 = ___

How many strategies do you plan to use from row 2?   ____ x1 = ___ **+**

Total=____

Take total and see how you did:

18+ = expert

12-17 = novice

6-12 = apprentice

0-6 = newbie

Goal setting:

#1 Study Habit you will implement by _____for the class _____

_____

#2 Study Habit you will implement by _____for the class _____

_____

#3 Study Habit you will implement by _____for the class _____

_____

PSP