"I'm so slow at reading, a book can take me months and journal articles can be very confusing."

Tips on reading

Reading can seem like a mammoth task.

Sometimes there is so much, it feels like you can't possibly get through all of it.

Here are some tips that will help break down those endless volumes of text into **manageable chunks.**

The Reading Environment

Are you in a **suitable environment for reading**? Ask yourself:

- How is the lighting? Is it bright enough? Too bright?
- Is it too noisy? Are there to many distractions?

Be honest with yourself, if you are not in the right environment, reading will be difficult.

Reading Tips (some more)

1. If **you struggle following the lines** of text, use your finger, a ruler or folded piece of paper (which can double up as a crib sheet) to keep your place.

2. Try **coloured overlays**, coloured reading rulers or even tinted glasses to reduce glare and make the text easier to read.

3. Reading on a computer? **Read & Write** has a screen masking feature that tints the entire screen to a colour of your choosing.

4. Take **short regular breaks**, this relieves strain and breaks up the monotony of reading.

5. Read in **realistic portions.** Do not say to yourself "I'm going to read this whole chapter" when you know it will be a struggle. Go page by page, or paragraph by paragraph.

6. Set aside a **little bit of time** each day for reading. Creating a reading schedule and reading regularly improves your speed accuracy and comprehension.

7. When reading a chapter, read **the introductory section**, the **first lines** of each paragraph and the **conclusion section** first before going through the whole chapter. You might find you don't need to read everything to understand the content.

8. Familiarise yourself with **core texts**. Read the back cover, the contents page, and section headings. If the books have an introductory or summary section / chapter, read through them as well.