

# Active Reading



COUNSELING & CAREER DEVELOPMENT



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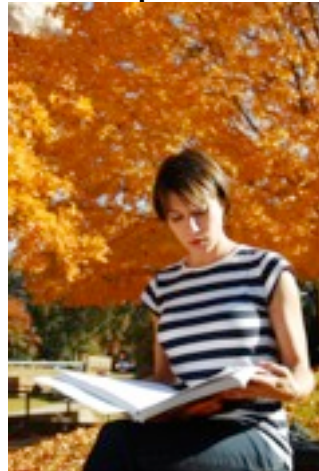
Your college textbooks are one of your greatest resources for knowledge. They provide you with a myriad of information that you will need to know in order to do well in college. To get the most out of your books, it's important that you use them efficiently. This means you need to become an ACTIVE READER.

## ACTIVE READING

Means that...

YOU take charge of your reading

YOU assume the responsibility for learning.



An ACTIVE READER knows it takes energy, time and commitment to read effectively and efficiently. Think of your text books as tools for learning. To get the most from any tool, you must know how to use it properly.

The most important tool of active reading is called **PQ4R**....

Here is how it works:

# PQ4R

## Preview, Question Read, Reflect, Recite & Review

### Preview

(What it's all about)

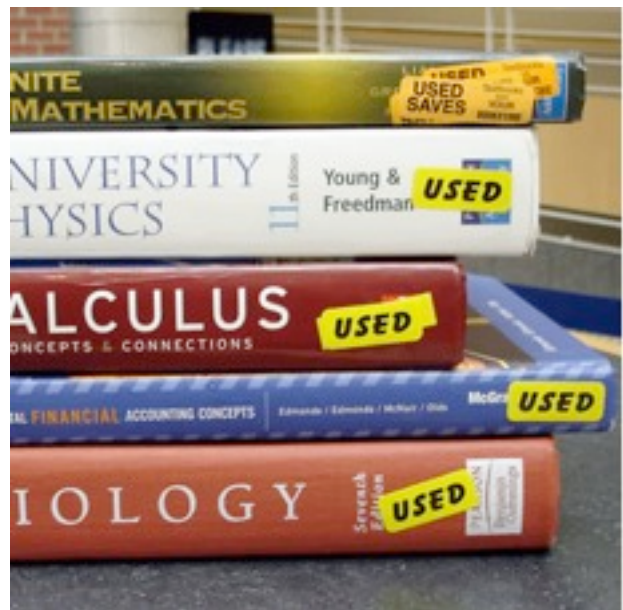
Get a feel of what you're getting in to.

How long is the chapter?

How difficult is the reading?

Concepts? Vocabulary?

Read the chapter summary.



### Question

(What's important?)

Create a purpose and focus for your reading.

Read the questions at the end of the chapter.

Turn the header of each section into a question.

e.g. The Mating Habits of the Macedonian Dodo Bird

What test questions would you make for each section or topic?

(Hint: Write it down for a study guide)

# Read

(what it means)

Read the section, looking for answers to your questions.

Ask questions of the author and let him/her answer.

Create new questions as you read.

Don't analyze or highlight as you read.



# Reflect

(think about it)

Stop and **think** about what you just read.

What associations to other data can you make?

What are the answers to your questions?

How does this relate to class discussions?

What associations to other data can you make?

Do you really understand what you just read?

## A side note on reflection...

You tend to remember things that have meaning to you.  
(e.g. a birthday of someone you care about vs. Thomas Jefferson)

Sometimes you must create or assign that meaning.

Thinking and making associations helps give meaning to  
“boring” or complicated topics you need to remember.

Thinking and giving meaning to information helps move  
information from short-term to long-term memory.

***Reflection is absolutely necessary for learning.***

# Recite

(Talk to yourself...Really, it's OK!)

Answer out loud or in your head.

Make your answers thoughtful and thorough.

Put it in your own words; make it meaningful to you

## Think it. Say it. Give it meaning.

About Talking to Yourself...

Recitation is one of the most powerful learning techniques known.

First, you think it.

Next, you 'make it real' by saying it.

Then you hear it (aurally or internally).

This helps give *meaning* and makes *recalling* information and ideas easier.



# Review

(Keep it fresh in your memory)

Reviewing is **essential** to learning and remembering.

People start forgetting almost immediately after learning something.

Reviewing on a regular schedule.

Review daily, so information stays fresh.

Review the text before you go to the next class by looking back over key phrases, definitions, graphs, any notes you made, etc.

If you review smaller amounts of information on a regular basis, reviewing for test will be a lot easier.

## Test Yourself

If you can't say it, you don't know it. If you don't know it, you can't write about it on a test!



# Creating a Good Workspace

## DO

Read in a quiet, well lit environment  
Put a "Do Not Disturb" sign on your door

Turn off your phone and T.V.

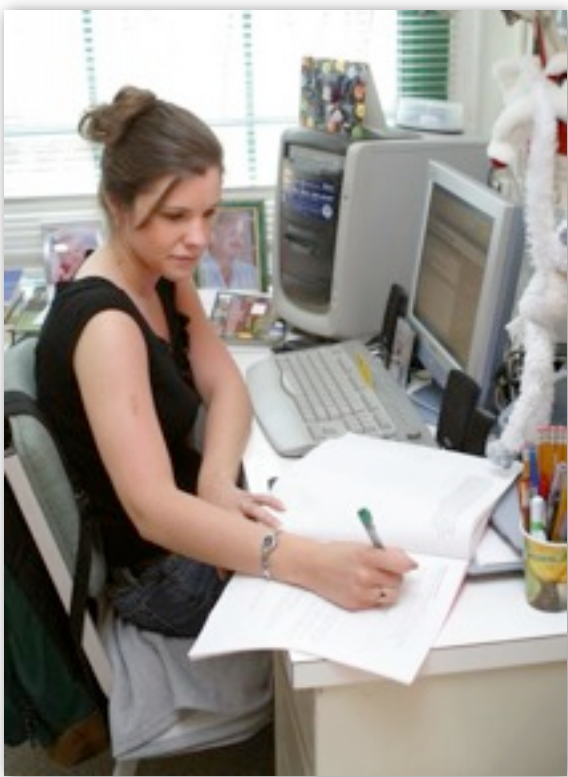
Read and study when you are alert

Read sitting up

Read assignments before class

Keep up with your reading assignments

Mark and highlight your book



## DON'T

Read for hours at a time

Read in bed

Get behind in your reading

Wait until the night before a test to read your books

Read when you are tired

# It's O.K. to mark up your book...

## REALLY!!

In fact, it's more than O.K.; it's highly recommended and is a very helpful study and review technique. Some students think that if they write in their books, it will reduce their value if they re-sell them later. Not true-a used book is a used book regardless of how it has been marked up.



Since textbooks are tools for learning, go ahead and underline and make notes in the margins if it will help you learn the information more effectively and easily. Take advantage of everything you can to get good grades.

Take your time while reading. Don't read so quickly that you miss important information, but don't read so slowly that you labor over every word. Different parts of your text may require different styles of reading. Some parts may be simple, straightforward and pretty easy to read. Other parts may be unfamiliar, highly technical or just plain complicated, demanding more time and effort on your part.



Active reading requires **you** to read critically and thoughtfully.

Active reading is an ongoing decision making and problem solving process. As you read, **you** decide which information is important and which is not. **You** consider the information in view of what's been covered in class. Active reading requires you to think and use your imagination to associate ideas and information.

"To read without reflecting is like eating without digesting."

-Edmund Burke