

Essential Study Skills

self-guided personal assessment, study skill tips, and reflection workbook

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Reading Habits-The Bad and the Good Self-Assessment

	Always 5	Usually 4	Sometimes 3	Rarely 2	Never 1
1. My reading posture is excellent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I concentrate completely when I read.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My attention span when reading is excellent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I adjust my rate of reading as necessary.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I understand what I read.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Results

- 23-25 You have excellent reading comprehension and few bad silent reading habits.
- 20-22 Your reading comprehension is good, but you do have a few bad silent reading habits.
- 17-19 Your reading comprehension needs improvement, as do your silent reading habits. Learning positive reading habits will improve your comprehension.
- <13 Reading comprehension is very difficult for you due to bad silent reading habits. Learning positive reading habits will improve your comprehension.

Already Know: What I already know about why people have poor reading comprehension and bad silent reading habits is...

Want to Know: What I want to know about bad and good reading habits is...

Reading Habits-The Bad and the Good

Many people do not read well because of poor silent reading habits. Correcting these poor reading practices and replacing them with good reading practices will improve reading comprehension. You can become a better reader by practicing these tips.

1. **Improve your reading posture.** Reading difficult text is not a relaxed activity. Your body position has much to do with how well you understand the text. Reading in bed is wonderful for putting you to sleep, but not for studying. Instead, sit up straight in a straight-backed chair at a desk or table with good lighting and keep your feet flat on the floor. Place two hands on the reading. Keep the distance from eyes to book about the same distance as that of your forearm. Don't angle the book too much so that you can keep your head straight. Not perfectly comfortable? Good! Reading is not supposed to be relaxing; it is supposed to be stimulating.

2. **Adjust your reading attitude.** Reading may not be your favorite mental activity, but it is a crucially important study skill. As a child, you learned *to read*. Now, you read *to learn*. Good readers learn more in school and succeed to a greater degree in the workplace. Be realistic and honest with yourself. Are you reading just to tell yourself or others that you did so? Are you reading for in-depth understanding?

3. **Establish a purpose for your reading and adjust your level of comprehension.** Not everything should be read for the same reading purpose. Reading an article about a favorite movie star does not require the level of comprehension that reading a computer manual does.

4. **Improve your concentration.** First of all, turn off the iPod®, put away your phone, get away from the television and computer, and find a quiet room. Anything competing with full concentration reduces reading speed and reading comprehension. Good reading can not include multi-tasking. Stop taking mental vacations during your reading. For example, never allow yourself a pause at the end of a page or chapter-read on! Minimize daydreaming by forcing yourself to make personal connections with what is going on in the reading. Prompt yourself to quickly return to the text when your mind first begins wandering.

5. **Improve your reading attention span.** Begin with short, uninterrupted reading sessions with 100% concentration and gradually increase the length of your sessions until you can read for, say 30 minutes. Rome wasn't built in a day and your reading attention span will take time to improve. Take a short, pre-planned break away from your reading area after a reading session. Don't read something else during your break.

6. **When reading silently, don't pronounce the words in your head and don't move your lips while reading.** These are called *sub-vocalizations* and they interfere with your understanding of the text. Focus on what the author is trying to say. After all, the purpose of reading is not to say the words; the purpose of reading is to understand the meaning of the text.

Reflection

1. Something I did not know about bad and good reading habits is that _____

2. My specific goal about changing my bad reading habits into good ones is _____

3. Accomplishing this goal will especially help me because _____

4. Experts I plan to go to for help will be _____

5. I will tell _____ about my goal so that they will hold me accountable for making progress toward my goal.

6. Before I begin working toward my goal, I will need to _____

7. I plan to begin working toward my goal when _____

8. This is how and when I will evaluate progress toward my goal: _____

9. I will know that I have accomplished my goal when _____

10. After reading the tips, I would still like to know _____

Teacher/Parent Review _____ (signature)

Teacher/Parent Comments: _____
