

# Top tips for academic reading



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## 1. Know your purpose.

Reading for academic purposes is different than reading for pleasure. If a textbook is required for a course, you are expected to read it as it will enhance your understanding of the lecture by providing more facts and background information about the topic.

## 2. Have a positive attitude.

Your mood has a huge impact on your ability to retain information and stay focused. Whether you enjoy reading or not, aim to keep a positive frame of mind.

## 3. Set clear reading goals.

Determine the amount of material you need to read and set a goal for how long it will take. When you have a clear view of the end point, you will be more relaxed and positive while reading.

## 4. Set aside blocks of reading time.

It is important to plan your reading time in advance. Having a reading schedule will help you avoid falling behind. Remember, academic reading takes longer than other reading.

## 5. Create a comfortable atmosphere.

Your physical posture can affect your reading comprehension. Avoid doing academic reading on your bed or in an easy chair. Sitting at a desk in a quiet room with good lighting offers the best setting for reading. Keep in mind that any type of distraction leads to decreased concentration and, ultimately, decreased comprehension.

## 6. Get to know your textbook.

Familiarizing yourself with your textbook layout and content from the first time you open it can make subsequent readings easier. Does your textbook have chapter review questions, a glossary and other appendices at the back? These will come in handy and should be used to test your understanding after reading a chapter.

## 7. Use the SQ5R method.

The SQ5R method stands for survey, question, read, recite, record, review and reflect. Having a step-by-step approach to follow in your planned reading time will help you be more efficient. You can learn more about this in the Student Academic Learning Services (SALS) ONLINE Academic Reading module.

## 8. Make connections between textbook notes and class notes.

The textbook will reinforce the same main topics that you learn in class, providing more examples and explanations. Asking yourself how the textbook connects to the class will further support your retention.

## 9. Review your notes

Summarize the textbook into your own notes and review those frequently. This way, you will remember more content and not have to re-read the textbook.

## 10. Use the academic supports available.

Visit SALS for more information about reading techniques that can save you time and help you retain content.