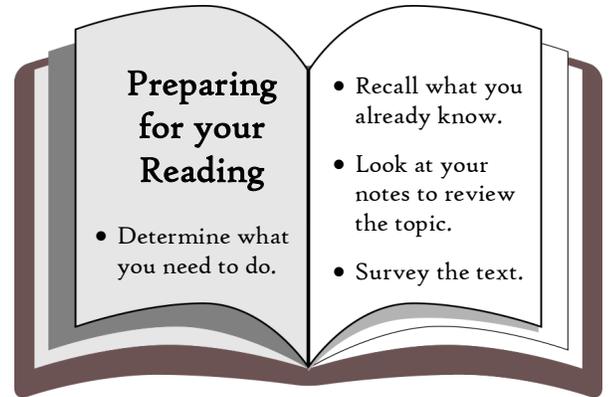


Selecting Main Ideas

Make meaning from text and critically think about the information:

- Know why you are reading and what you are looking for.
- Practice **Metacognition** (thinking about and regulation of thinking). It is not enough to merely know how to read; you must think about your reading and task management **as it happens**.
- Read with a purpose. This will motivate you to complete the reading.
- **Monitor Comprehension**. Write down the answers to questions like: 'What is the author saying?', 'How can I use this information?', and 'How does this information relate to my experiences?'
- Survey the text. Look at the index and contents page. Check the beginning/end of reading for a summary. If you are **previewing** a chapter/article, read the first sentence of each paragraph.
- Identify how much space is devoted to a subject to see where the authors have placed their emphasis.



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(630) 942-2154



Strategies for Difficult Reading



Reread to understand and get a feel for the language.



Find the important words, usually verbs and nouns.



Slow down and pay attention if you pass a signpost (bold-faced words, call-out boxes, charts, diagrams, questions, check-ins).



Pause briefly to summarize what you have read.



Read it aloud.



Stand up. Changing positions combats fatigue.



Talk to your instructor or a tutor.



Locate specific info by skimming quickly until you find when you are looking for.