

## SKILL BUILDING NO. 16

# Study Smarter



3 minutes



use weekly sheet



repeat these items often

When you are reading, there are some physical tricks you can use to help the information stick:

1. **Read aloud instead of silently.** It may take longer, but it will help you to focus on each word.
2. **Walk or pace around while you read.** This strategy may help you avoid zoning out or focusing on internal distractions instead of the words on the page.
3. **Take brief breaks for movement.** You need 2-10 minutes of activity to get your focus back for reading. Try using a timer. Read for 15 minutes, then take a 5-minute break before repeating the cycle.
4. **Talk about what you have just read.** Discuss it with your accountability person, or talk it out to yourself.
5. **Use highlighter pens to bring attention to the main points.** Doing this keeps you focused and helps your short-term memory!
6. **Take notes while reading,** then go back and review to check your understanding.
7. **Use a bookmark or ruler to follow along** as you read each line so you don't lose your place.



**Pick one item from the list and plan to try it out this week! Add it to your weekly sheet, and consider putting a note in the book to remind yourself to do it differently.**