

## When Textbook Reading is Challenging

Textbook reading is typically more difficult than other forms of reading, but sometimes it's downright challenging. If you're faced with reading a challenging textbook, we recommend the following:

- **Read aloud.** Reading aloud improves reading comprehension and retention of information. Reading aloud allows you to hear what you're reading which enables the brain to process the information more effectively and remember what it heard.
- **Change positions.** Reading passages from textbooks gets tedious and boring really fast. Being stuck in the same position the entire time you read only adds to the monotony. Try reading standing up for a while, or change positions every once in a while.
- **Read the text again.** Each time you read a text again you'll pick up something new, retain more information and find it easier to understand. It's not uncommon to read the same passage from a textbook several times before you're able to fully understand and retain the information.
- **Search for key words.** Read sentences removing the adjectives and adverbs. This will cut to the meat of the sentence and help you identify what's being said and what's really important for you to know.
- **Jump around in the text.** Sometimes it's beneficial to skip around and read different parts of a chapter or section in a textbook. For example, jumping to the end of the chapter and reading the chapter summary, before reading the chapter, can greatly enhance focus, direction and understanding as you go back and read the actual chapter.
- **Mark it.** If you come across a passage or section of the text that you just don't understand, underline it and put a mark next it in the margin of your book. When you're done reading your text, you'll have several marks throughout the chapter. Once you get back to class, you'll know what questions to ask your teacher or professor.
- **Take a break.** If you're just not making headway with the text you're reading, take a break, regroup and come back to tackle it later with a fresh pair of eyes.
- **Turn to the web.** When all else fails, "Google" it. The web is a plethora of information. And these days there are websites that address, and lend understanding, to just about every topic or subject.

Source: <https://www.educationcorner.com/textbook-strategies.html>