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1. \_\_\_\_\_, often operating behind the scenes of the rest of your academic work, and you must do it to learn the material you are assigned. Your professors expect it and require it.
2. Remind yourself that \_\_\_\_\_ While many people do love reading, many others do not. And that's okay.
3. \_\_\_\_\_ List it in your planner or daily to-do list.
4. \_\_\_\_\_ Consider your personal preferences for location, temperature, lighting, background noise (or silence), snacks, caffeinated beverages, writing utensils, etc.
5. \_\_\_\_\_ Don't try to struggle through a 3-hour block of constant reading. Set a timer for, say, 20 to 30 minutes of reading, and then take a 5- or 10-minute break for a walk, stretch, and quit.