"I'm so slow at reading, a book can take me months and journal articles can be very confusing."

Tips on reading

Reading can seem like a mammoth task.

Sometimes there is so much, it feels like you can't possibly get through all of it.

Here are some tips that will help break down those endless volumes of text into **manageable chunks.**

The Reading Environment

Are you in a **suitable environment for reading**

6. Set aside a **little bit of time** each day for reading. Creating a reading schedule and reading regularly improves your speed accuracy and comprehension.

7. When reading a chapter, read **the introductory section**, the **first lines** of each paragraph and the **conclusion section** first before going through the whole chapter. You might find you don't need to read everything to understand the content.

8. Familiarise yourself with **core texts**. Read the back cover, the contents page, and section headings. If the books have an introductory or summary section / chapter, read through them as well.