

## PREVIEW, READ, RECALL STRATEGY

Make your reading more efficient and effective:

### PREVIEW

Preview so you can get a main idea of the reading. This will help you plan ahead with your reading and will prepare your brain to better understand and remember what you're reading.

- ⌚ Spend some time (5-10 minutes or more) familiarizing yourself with the reading assignment.
- ⌚ Pay attention to these elements: title and intro; subheadings; diagrams, pictures, and charts; any summary, questions, or review at the end of a section or chapter.
- ⌚ Consider writing down those elements. Create a scaffolding or structure on which to flesh out or expand upon the material you will learn more about as you read and attend class.
- ⌚ Plan ahead for reading: what are the main ideas, how long will it take, what might you need to note for a test or paper?

### READ

Read actively not passively. Doing so will help you understand the material and remember it later.

- ⌚ Monitor your attention and understanding regularly so you can ensure you know the concepts in each section.
- ⌚ Underline key words or phrases and write notes in the margin. Use highlighters sparingly. These actions help you if you need to revisit or find something in the text.
- ⌚ If possible, take notes on important concepts while you read or once you've finished reading. Condensing the material into a "study-able" package will make it easier to review later.
- ⌚ Break up your reading assignment into manageable sections. Tackle them one at a time.
- ⌚ Take a short break if you're getting easily distracted or unable to focus.

### RECALL

Recall and quiz yourself so you can remember the information. We forget much of what we read within minutes unless we do something to actively recall it immediately.

- ⌚ Turn the heading or first sentence into a question and answer it after you finished reading the section.
- ⌚ Close the book after a paragraph or section and see if you can explain aloud and elaborate on the concepts and information in your own words.
- ⌚ Ask yourself questions as you read and answer them with the information from the text (this can be good practice for exams).



- ⌚ **Read as much as you can for your nursing courses!**
- ⌚ **Keep in mind that you can also approach your texts as reference manuals.** Use them as you would when writing a comprehensive research paper. Explore the topics thoroughly, pull what you need from relevant sections, and integrate it into your existing knowledge base.