

REMEMBERING what you READ

Have a specific purpose when you read. This will help you to:

1. **ASSOCIATE**- relate ideas to each other

*Try to understand the general outline of the chapter. Understanding how the chapter is put together provides a skeleton to which you can associate specific information

2. **VISUALIZE**- try to see pictures in your mind as you read.

3. **CONCENTRATE**- remind yourself of your specific purpose for reading at that time.

*Concentrate as you read. Try to read information one time and then without looking back tell yourself what was said.

4. **REPEAT**- keep telling yourself important points and associate details to these points.

*Repeat where necessary to burn details into your head. *Explain it to somebody else.*