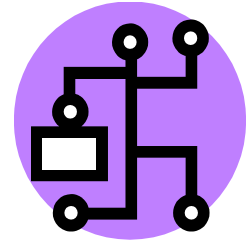


Quick Tip of the Week

Did you know . . .

Other ways to practice the following two reading strategies would be to read a book or short passage the next time you find yourself on a stationary bike or treadmill. Or, if you are anything like me and the thought of reading while you walk brings to mind a clumsy fall requiring iodine and plenty of band-aids, consider listening to an audio book when you are out for a walk. If you ever have any questions about these strategies, ask your Instructor or come see us at the Advocacy Center, JH 308 for help.



Strategy # 4: Kinesthetic Reading- Most of the time when we are reading, we are sitting down or lying on a bed or scrunched up on a sofa. For this reading strategy, you need to be up and about. This exercise would probably work best with a fairly short passage, no more than 3-4 pages. While reading, read with your entire body. Feel the words in your body. Allow yourself to move around, to walk, to pace, even to dance. Think of the words as instructions for dancing. Use your body movements as a way to interpret the text or to give emphasis to key moments.

Strategy # 5: Reading on a Walk- Take your book and go for a walk (this is a strategy that works better in June than in January). During the walk, stop a few times and read from your text. Then continue walking. Or you can go for a walk, find a nice cozy bench or swing, and read the entire text in one sitting. But periodically refresh yourself. Stop looking at the words and enjoy the spring flowers or fall leaves, the squirrels planting acorns, the clouds above the trees. Relax and read some more.

http://www.public.coe.edu/~wcenter/handouts_reading.php