Confidence & Focus

Quick Tip of the Week

Did you know . . .

Outside distractions such as self-doubt or boredom can interfere with you being a good reader. Practice these two strategies to build confidence as a reader and to keep you focused on reading. If you ever have any questions about these strategies, ask your Instructor or come see us at the Advocacy Center, JH 308 for help.
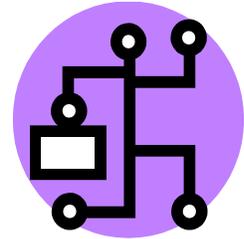
Strategy # 7: **Visualizing Yourself as a Reader**- We often allow negative thoughts and mental baggage to interfere with our comprehension of a text. It's difficult to enjoy playing basketball if you are constantly telling yourself how you hate basketball and how lousy you are as a player. Maybe by the standards of Michael Jordan you are not a great basketball player, but we don't have to be the best in order to gain value from what we are doing. Reading can be helped by an ability to see yourself as a reader. Before you begin reading a text, create a mental picture of yourself reading the piece. See yourself as a confident reader, someone who knows how to handle difficult challenges. And then start reading. And when your concentration drops or various kinds of interference interrupt your thoughts, stop reading, focus on the interference for a moment, tell it to go away, wipe it from the mind, and return to the text, again seeing yourself as the reader.

Strategy # 22: **Twenty Details**– If you are reading a text you find remarkably dry and boring, play a game of twenty details. While reading, place a check mark next to any passage that expresses an idea or insight that you suspect the author thought was important. A simple rule of thumb: **minimum** of one check mark per page. When you have twenty check marks, quickly review what you discovered. Try to construct some connections among these twenty passages you have marked. You might write a simple commentary or summary of what you discovered. Then repeat twenty details game or try reading the text with normal rhythms.

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