

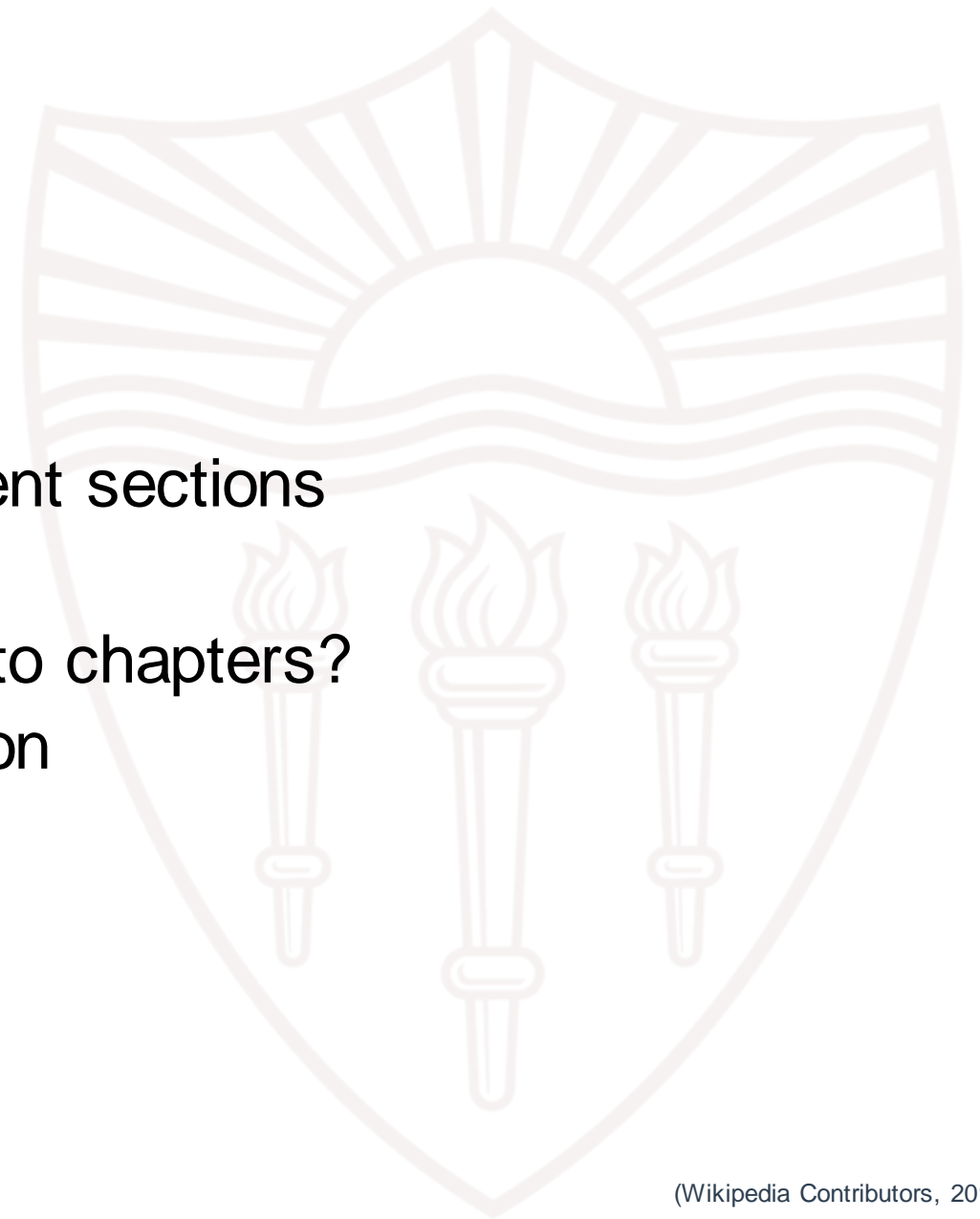
How to Read A Chapter

Wenyang Cao



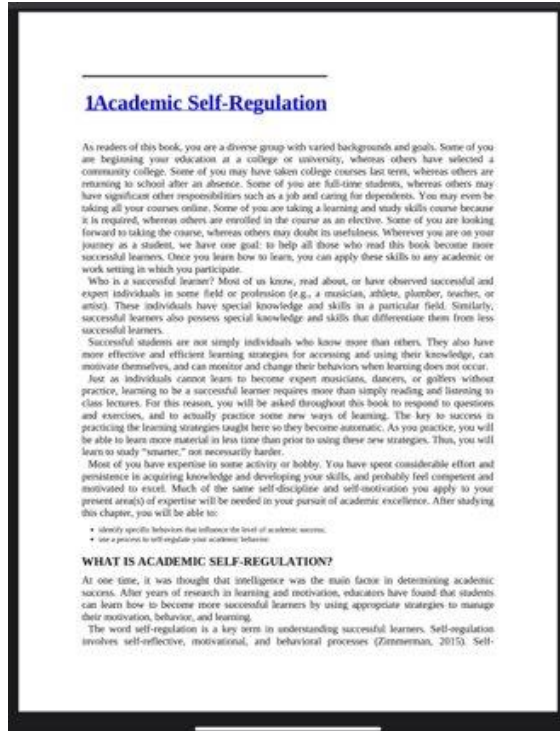
What is a chapter book?

- What is a chapter?
 - Texts that was divided into different sections
- Why is it important to **chunk** texts into chapters?
 - Understanding and comprehension
 - Time management
 - Discussion and Analysis

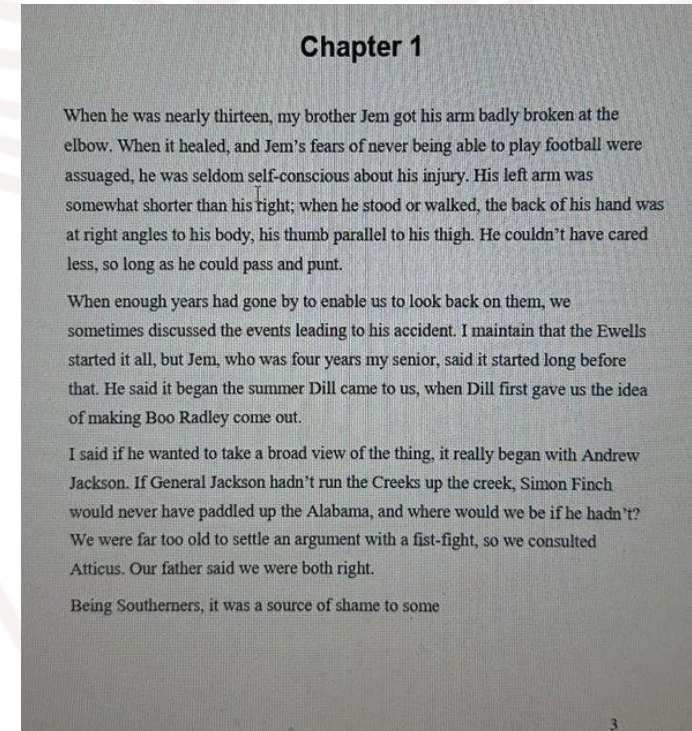


(Wikipedia Contributors, 2019)

Types Of Reading



Textbook (Dembo & Seli, 2013)



Novel (Lee, 1960)

Motivation

- When you are motivated, you're more likely to approach the **reading with enthusiasm**
- **Focus** affects your progress and quality of reading
- **Information retention** (Ahmadi et al., 2013)
- **Set Specific Goals**
 - Break your reading into smaller, manageable goals
 - Pomodoro technique

Know Your Energy Levels

- Pay attention to **daily energy patterns**, when are you more alert?
 - What are some external factors? (Ex: Meals, physical activity, sleep)
- Listen to your body and **adapt** to your schedule
 - Prioritize quality over quantity (evaluate productivity)

Strategies on Reading a Chapter (Seli, 2023)

- **Preview the Chapter**
 - Read first/last sentences of the chapter
 - Roughly skim through the reading
- **Break It Down**
 - Look for key topics or events
 - Shift of focus, date change, etc.

Strategies on Reading a Chapter(Cont.)

- **Read Actively**
 - **Connect, analyze, summarize**
 - Ex: Visualization (mental image)
- **Take notes**
 - Enhance comprehension/retention
- **Review notes**
 - Organize all your notes
 - Reflect and answer questions

Students With Reading Challenges

- **Use Technology**
 - Text-to-speech software/audiobooks
 - Translating tools
- **Seek support**
 - Reading groups
 - Guides, explanatory videos
 - Office Hours
- **On campus resources**
 - OSAS
 - Tutoring/office hours
 - KCLC



References

Dembo, M. H., & Seli, H. (2012). *Motivation and Learning Strategies for College Success: A Focus on Self-Regulated Learning* (4th ed.). Taylor & Francis.

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Seli, H. (2023). *Motivation and learning strategies for college success: A focus on self-regulated learning* (7th ed.). New York: Routledge.