

Sticky Reading: How to Read Faster & Learn More in 5 Easy Steps

How to use this guide: When you sit down to read a textbook, walk through each section of this guide. You'll need a sheet of paper for notes as you write. This is what we call "Reading Backwards."

1) Read the Review Questions (2-5 minutes):

- Which questions were familiar?
- What were the top 3 or 4 main ideas?
- Where there any questions you'd never heard?
- Write down any interesting or important ideas on a sheet of paper.
(Complete sentences not necessary)

2) Read the Final Chapter Summary (1-3 minutes)

- Anything you've now seen twice? Write those items down on your paper make sure to mark them (star, dash, etc.)
- Try to state the summary back to yourself without looking at the page
- Any questions you have at this point? Write them down.

3) Read the headings, subheadings, and bold words (2-5 minutes)

- Based on what you've read in the summary, which of these is most important?
- Write down any ideas are new or you have questions about.
- Mark any ideas that have come up now 2 or 3 times on your paper.
- In your own words, try to summarize this chapter using all of the keywords you've written down.

4) Read the introduction (2-3 minutes)

- Any ideas that show up a 3rd or 4th time? Mark those items.
- What is the main idea of this chapter? Write this down.
- What are the most important key details based on what you've seen so far? Think about this or write it down.

5) Read the chapter quickly (3-15 minutes)

- Start with reading just the first sentence of every paragraph.
- Make note of anything you still don't understand.
- Make note of any ideas that come up again.
- Don't get bogged down. Move quickly and focus on understanding, not reading every single word.