

ACTIVE LISTENING AND READING

When you think of reading or listening to a lecture, you probably picture yourself looking like this:



When Reading:

- **Annotate: Take notes in the margins of your book as you read**
- **Make study sheets as you go and record any questions about the text**
 - **Read and/or ask questions aloud**
 - **Stop at intervals to summarize what you've just read**
- **Pre-Read, then work to create a chapter outline as you go**

When Listening:

- **Take notes, even if you may not refer back to them; it will keep you focused**
 - **Use a different color pen for each topic addressed**
- **Sit at the front of the class and make eye contact with your professor**
- **If you have trouble focusing, bring a stress ball or some play dough**