



Your Current Approach to Reading

An assessment of your current approach to academic reading will help you to outline your areas of strengths and areas for development.

Instructions:

1. Take 3-5 minutes to read the statements provided.
2. Think about your past behaviors.
3. Score each statement: 1 (this is not typical of me) to 5 (this is very typical of me)
4. Tally your results.

- _____ Each week I am clear about what I have to read.
- _____ I plan time each week to get my reading done.
- _____ I complete my readings within one week of their being assigned.
- _____ I always have definite goals in mind when I sit down to read.
- _____ I pay a lot of attention to headings and highlighted text.
- _____ I always read the captions for illustrations and any marginal notes.
- _____ I read in a place where I can give my full attention to the task.
- _____ I take a short break when I am tired and soon go back to the task with increased attention.
- _____ I think about how the text and lecture complement each other.
- _____ I make a record of the key points by highlighting the text or by making summary notes.
- _____ If I don't understand what I am reading, I get help from another student or my instructor.
- _____ To structure my summary notes, I include all of the headings/subheadings from the chapter.
- _____ I periodically review my highlighting or summary notes for each chapter.
- _____ I try to predict from my readings what might be on the next test.

**Adapted from:* Fleet, J., Goodchild, F. & Zajchowski, R. (2006) Learning for Success: Effective Strategies for Students (4th Ed.). Toronto: Thomson Canada Ltd.

My Total Score: _____

30 and below: area of development

60 and above: area of strengths

