Breaking Barriers to Reading

Following is a list of the common reasons that some students use for not reading effectively. Read this list; then add to it in the spaces provided. Use creative problem solving to list strategies for overcoming these barriers.

Reasons for Not Reading	Strategies for Overcoming Reading Barriers
My textbooks are boring.	
I can't concentrate.	
I'm easily distracted.	
I fall asleep when I read.	
I never study the right material.	
There is too much information, and I don't know what is important	
I read for hours, but I don't understand what I have read.	
I don't like to read.	

Peak Performance; Success in College and Beyond by Sharon K Ferrett, Ph.D.