

How to stay focused when **Reading**

week one

The following tips are useful for situations when an individual needs to spend closer attention to reading material.

1.
Find a suitable environment to read in. Try a secluded and isolate place with least disturbance.
2.
Keep away from your smartphones and computers when reading. Power them off for a small time for focused reading.
3.
Allocate time periods for focused reading, so that you aren't burdening yourself.
4.
Try to absorb whatever is going on in each page and understand it thoroughly.
5.
Take your reading material with you everywhere you go and think of it as a treasure and a lifeline.

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6.
Read a little bit each day, if only fifteen minutes to a half hour.
7.
Increase the amount of time you read with larger and larger intervals.
8.
Join study support groups online. For inspiration, use Tumblr to search #studyblr, #reading, #journal, or #readingjournal.
9.
Utilize audio files when available. Listen as you follow along in the text. A good recitation can emphasize and embellish the author's intentions.
10.
Don't panic. Don't procrastinate.