Some people experience forgetting what was read, mixing up details, poor concentration, or visual problems (difficulty tracking, focusing, straining).

Ways to improve Reading:

- Use a ruler or sheet of paper to hide the text below each line
- Take breaks
- Try a coloured transparency over your page to minimize black & white contrast
- Highlight important information and re-read
- Read in chunks (smaller sections at a time)
- Pre-read: Scan headings and titles
- Summarize paragraphs or pages