

READING IN THE DIGITAL WORLD

The goal of reading is to understand the material and remember it; the challenge when reading material online is that our brains expect on-screen media to be brief and composed of many tiny pieces. Therefore, the reader may find themselves to be quickly and easily distracted. To aid you in improving your practice of online reading, please see the listed strategies and recommendations below.

MAINTAIN FOCUS & TAKE BREAKS

- Download the material, if possible; turn off your wi-fi (or unplug your Ethernet) to prevent you from navigating elsewhere.
- Find a quiet, well-lit place to study comfortably without distractions.
- Put your cell phone out of sight and out of reach.
- Try the **Pomodoro method**: 25-minute "sprint" of focused on-task time, followed by a 5 minute break (you may want to stand up and walk around during this break). Repeat.
 - Link to: <https://bewellusf.com/2016/11/01/multi-tasking-or-multiplying-time-wasted-or-use-a-tomato-to-manage-your-time/>
- Apply **Intense Study Sessions** to make the most of one-hour increments of study (for one-on-one assistance with the Intense Study Session and other time-management strategies, make an appointment with a Study Skills Tutor at USF's ASC).
 - Link to: **"INTENSE STUDY SESSION" (PDF)**
- Apply **20-20-20 Rule**: take your eyes off your computer every 20 minutes and look at something 20 feet away for at least 20 seconds.
 - Link to: <https://us.discovericl.com/blog/the-20-20-20-rule-preventing-digital-eye-strain>
- To learn about available applications and websites that help you focus and give yourself appropriate breaks, read: **"READING IN DIGITAL WORLD" (PDF)**

READ ACTIVELY

- Apply **PARROT** to make the most out of your reading experience (for one-on-one assistance with this reading strategy, make an appointment with a Study Skills Tutor at USF's ASC).
 - Link to: **"PARROT" (PDF)**
- Take organized, integrated notes
 - **Annotate the text**
 - Link to: **"NOTE TAKING" (PDF)**
 - **Create Concept Maps**
 - Link to: **"CONCEPT MAPPING" (PDF)**
 - **2-Page Format**
 - Link to: **"NOTE TAKING" (PDF)**
- To learn about reading actively and making sense of relevant information, read: **"READING IN DIGITAL WORLD" (PDF)**

For additional help with reading strategies, make an appointment with a Study Skills Tutor at USF's ASC.