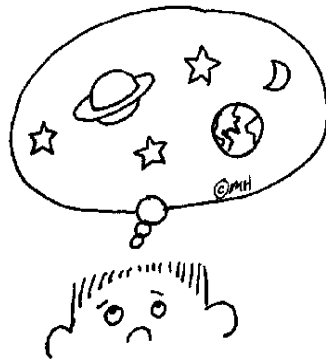


# Distractions during Reading

Two very common Distractions when You are Reading & Studying ...

## Distraction #1: Daydreaming:

- Students can go on “Automatic Pilot” and read the Words in the text – But – virtually nothing is being Learned; Your Reading & Study Session will be less effective for Review purposes later on, especially when You need to prepare for Exams ...



## Distraction #2: Electronica:

- Your Textbook & Notes are open, but You start Updating Facebook, Texting, E-Mailing, playing on-line Games or any on-line activity ...



- Doing these activities during Your Study Time is (like Daydreaming) a giant Waste of Your Time
- You will Learn virtually nothing and probably have very little Exam Preparation ...