

Active vs. Passive Reading: *What's the Difference?*

Active Reading	Passive Reading
<ul style="list-style-type: none">• Using your <i>energy</i> to understand and comprehend a text.• Coming to a reading well rested, energized, and attentive.• Connecting the reading to your <i>past knowledge</i> or experiences.• Occasionally predicting or guessing what will happen next.• Reviewing and evaluating the <i>meaning</i> or <i>main points</i> of what you have read.• Critically thinking about the text and its <i>meaning</i>.	<ul style="list-style-type: none">• Reading while <i>tired, distracted,</i> and <i>fatigued</i>.• Expecting the reading will be <i>easy</i> or <i>quick</i>.• Fighting the text or <i>getting frustrated</i> because it is difficult.• <i>Skimming</i> the text for only what is needed to know for the test.• Finishing reading with a helpless feeling of <i>confusion</i>, or that you cannot remember what was just read.• Skipping sections you do not understand.

How can I avoid passively reading a text?

- **Read it more than once** – If you happen to skip a section or skim a paragraph unintentionally, you can go back and read it over again to get a better understanding.
- **Look it up** – If there is a word, phrase, or concept you do not understand, pause and take the time to look up its meaning. Skipping over may leave you more confused than you are already.
- **Read without distractions** – Put down the phone, turn off the TV or computer, rid yourself of distractions. You risk turning your attention away from the reading and lose its meaning if you do not.