



Reading

Study Materials



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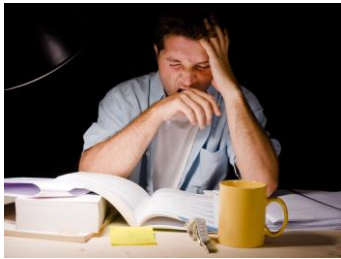


the question box

Why you feel sleepy while reading textbook?

Why we feel sleepy

while reading textbook?



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We feel sleepy

Because

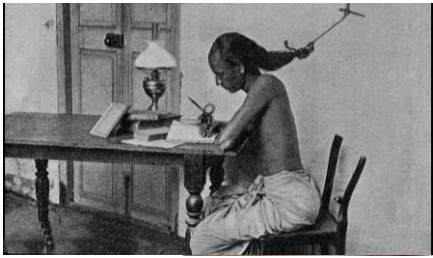
- Our brain cells becomes idle while reading.
- Only the reading activity is active, other has nothing to do, so they became idle which cause our brain to sleep.

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So, how to remove sleepiness

While reading textbook?

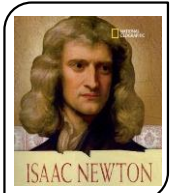


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How to remove sleepiness

- Start another activity while reading (like start **writing** or **walking** while reading)
- Sprinkle water on your face
- Laughter
- Water treatment




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What helps in remembering Study materials?

In reading study materials

- Photographic memory is the a unique helper




Biography of
Imam al-Shafi'i

© syukran.org Imam al-Shafi'i
Biography of Imam al-Shafi'i

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In reading study materials

- Photographic memory is the a unique helper



Stephen Wiltshire

The Human Camera

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How to read Textbook



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Tips on reading textbook


- Calculate the time to read
- First read the summary, questions and review outlines before reading the details
- Read details, read the sections seems important
- Highlight the important lines, make notes on books
- Prepare hand-written notes



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Reading method for textbook

- PDMARW**
 - PREVIEW, DETAIL, MARK, ASK, REVIEW, WRITE



Take
Self-Exam

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Why Self Exam

- ▣ **The only place you write timed answer is the exam room.**
- ▣ **Have you taken self-exam before exam?**

Tips for grasping ideas better

- ▣ **Move fingers under words while reading**
- ▣ **Recite out loud for better understanding, You may walk around the room while repeating loudly**
- ▣ **Teach someone else**
- ▣ **Draw mind maps for memorization and understanding**