Handout 2-C: Reading Log

Session 4 · about 10 minutes, on top of the reading itself

Use this log while you run Survey–Question–Read–Recite–Review on a real passage of 3–5 pages.

Step	What I did
Survey (what do I expect this to be about?)	…
Question (my 3–5 questions)	…
Read and Recite (my own-words answers)	…
Review (what I will check again, and when)	…
Own-words check (one thing I understood better than before)	…

Reading log (one paragraph)

Describe how the routine went and what you will change next time. …

Options

A typed table, a handwritten page, or a voice memo that walks through the five steps.

Worked example

Step	What I did
Survey	Headings were “Memory,” “Encoding,” and “Retrieval.” I expect it to explain how memory works.
Question	How does memory get stored? Why do I forget things? What helps me remember?
Read and Recite	Memory is stored in stages, and forgetting often happens when I never retrieved the idea. Practicing recall helps most.
Review	Reread my margin questions on Day 3 and answer them from memory.
Own-words check	I finally understand why re-reading didn’t work: I never tested myself.

Reading log

“Turning headings into questions kept me focused. Reciting after each section was hard, and I’d rather do it every two paragraphs next time.”