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- **Read interactively to understand.** When you read a textbook chapter, essay, or other material, approach it with an [intention to understand](#). Jot down questions as you read, and note areas of confusion or ideas that are sparked for you. If you are reading material that you need to remember for a test, try to explain key points in your own words. Find connections among ideas. Do practice problems. And avoid the mistake of reading something and thinking to yourself

