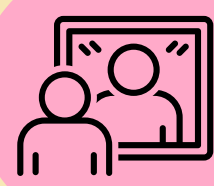


METACOGNITIVE STRATEGIES FOR ACTIVE READING



1. Start with a purpose

Before reading, think about why you're reading the material and what you hope to gain from it.



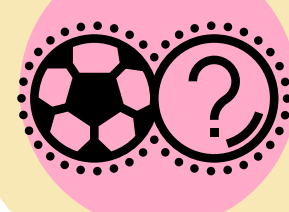
2. Activate prior knowledge

Reflect on what you already know about the topic. Make connections to your existing knowledge.



3. Set a reading goal

Determine what you want to achieve or learn from this reading. Set a specific goal for yourself.



Predict and question

Make predictions about what the text might cover. Generate questions to guide your reading.



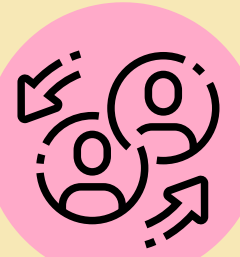
Monitor comprehension

Pay attention to your understanding while reading. If you encounter confusing parts, try to clarify by re-reading or asking questions.



Visualise and summarise

Create mental images of key concepts or events. Summarise the main ideas in your own words after each section or chapter.



Reflect and relate

Pause at certain intervals to reflect on what you've learned or found interesting. Relate the new information to your own experiences or other subjects.



Ask Metacognitive questions

Ask yourself metacognitive questions throughout the reading, such as: "Am I understanding this? What strategies am I using to comprehend the text?"