

Visit With the Utays

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School Psychology and Education Specialists



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Have to Reread What you Just Read? Have to Reread What you Just Read?

"I make decent grades but it takes way too much time to get all the reading done since I have to always reread everything."

-A frustrated high school student

Usually parents write us, not students, so we are impressed you took it upon yourself to find some direction toward a solution. The bad news is that having to reread in order to understand what you read can be caused by many factors, each needing a different solution. The good news is that once you know the cause, there ARE solutions. Below, are questions we ask students like you to help narrow the search for a reason behind this frustrating problem.

1. **How are you at reading individual words?** If you are having trouble decoding (reading), then you cannot possibly remember what you read.
2. **How is your reading speed?** Slow down and by the time you reach the end you might have a harder, not easier, time remembering what you read. Reading fluency, the combination of reading accuracy and speed, is important.
3. **How is your attention?** If you are easily distracted by what is going on around you or your own interesting thoughts, a paragraph about a minor player in the Spanish inquisition does not stand a chance at holding your gaze, much less your brain.
4. **How is your memory?** Do you go blank during that first reading or do you know it then immediately forget it? There may be a glitch getting the information from short term memory, to working memory, to long term memory.
5. **How is your vocabulary?** Even when your attention, reading, and memory are fine, if you are not familiar with the vocabulary, it will not stick.
6. **Is remembering what you read never a problem when you have a high interest in the material?** If so, the problem could be lack of interest, though usually there is more to it than that.

7. **How are your study skills?** Have you been taught reading comprehension tips and tricks like highlighting main ideas or writing potential test questions after each section?

We wish there existed a one-solution-fits-all answer, but as with all education problems, that would not take into account your personal strengths, resources, weak areas and needs. So instead, we offer the above guideposts to help you decide your next move. Talk with your parents and teachers. They may help you further fine tune the search. If you need more help in this important process, Total Learning Centers can definitely help you not only figure out what's behind the problem, but also the best course of action to fix it.

For more information about this or any other topic related to your child's success, including professional assessment of strengths and needs, or a free TLC report: Winning the Homework Battle, contact Total Learning Centers at 724-940-1090 (Wexford, Fox Chapel, and Murrysville areas).

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