

# Learning how to learn

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## Four types of reading

To improve your reading skills, you can benefit from the following brief about some major types or categories of reading

### *Receptive reading*

A common type of reading which focus on "listening" to the author. It is suitable for background readings which outline the subject area you are exploring. This is usually a relaxed type of reading that can be done for example at bedtime!

### *Reflective reading*

This is used when you need to think carefully and reflect on the subject area you are exploring. This type is particularly necessary for academic reading and textbooks. You should select a suitable time to give energy and concentration to this type of reading

### *Skimming*

This involves running your eyes very rapidly over a text. It is used to obtain general impression about the subject matter and it can also help to find information or ideas for a specific assignment.

### *Scanning*

Like skimming it means running quickly over text but with the purpose of looking for particular information or idea. It is useful when looking for answers to questions or searching specific references.

All these types of reading are helpful and can be used for different purposes to enrich your learning experience and bring about efficiency to the challenging task of lifelong learning!

## Sources

Ashman, S. & Crème, P. (1996) Reading for study. London, University of North London Publishing

Buzan, T. (2006) Use your head: Innovative learning and thinking techniques to fulfill your potential. BBC Active