

# Reading Comprehension



Reading after a brain injury can be more tiring and may take extra effort. These simple strategies can help improve understanding, attention, and memory while reading.

## Chunk It

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Breaking information into smaller pieces can make reading feel less overwhelming and easier to understand.

Pause briefly before moving on.

Read one paragraph or short section at a time.

Focus on understanding one chunk before continuing.

## Summarize It

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Putting information into your own words helps improve understanding and memory.

Ask yourself:

What was this section about?

What is the most important thing I learned?

How would I explain this to someone else?

# Visualize It

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Creating mental pictures can help make information more meaningful and easier to remember.

Imagine the people, places, and events as the story unfolds.

Picture what is happening in each scene.

Add details, colors, sounds, or movement to make the "movie" more vivid.

For informational or nonfiction reading:

Imagine the information as a picture, diagram, or scene.

Picture how the ideas connect together.

Create a mental image of the most important details.

# Personalize It

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Connecting information to your own experiences can strengthen learning and recall.

Ask yourself:

Have I experienced something similar?

Does this remind me of anything I already know?

Why is this information important to me?

# Reading Tips

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- Read in a quiet environment with minimal distractions.
- If you notice your comprehension decreasing, it may be a sign that your brain needs a short break.
- It is okay to reread sections if needed.
- Reading may take longer after a brain injury. Progress is more important than speed.

## **Remember:**

**Chunk It → Summarize It → Visualize It → Personalize It**