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Reading can be extremely helpful, but forcing yourself to do it can make it a chore. A more sustainable solution is to enhance the reading experience, read better, so you remember that you read and enjoy reading more. Here's how you can make reading more complete. Notice what you've read Sometimes you may find that you don't remember anything from the last dozen pages of your book. Your eyes looked at the words, but you didn't really read them. Avoid this by writing notes in the margins and highlighting the author's key points, so you can think of them further and come back to them later. If you are afraid to make signs in your books and magazines, just try once with a pencil. Don't emphasize whole sentences, just make short marks in the fields, next to lines that meant a lot to you. Compare the experience to a book you read but didn't write. Think of it more as a conversation with a book rather than a book lecturing you. These notes mean you can easily go back to your book so you can better save information. You can also write notes or copy passages by hand to better remember them (and organize them in a regular book). It's important to keep your books for posterity, but it's more important that you actually learn from your book (unless you're a collector). Embrace your obsession (and binge Read!) don't force yourself to read books that you don't care about. Your lack of interest may mean that you are not quite ready for it yet or perhaps the author is just not right for you. If you've gone through 50 pages and are struggling to stay interested, give it up. Life is too short to read books you don't like. On the other hand, when you have a real page turner you don't want to put down, give in to that feeling you get. This can push you to the finish line. After I put the book down for four or five days, I find that my curiosity with it is greatly reduced. I can live without a book. In fact, I probably won't be able to remember the most recent chapter from the top of my head. You can be the type who can regularly read books only for an hour a day. However, if you're less consistent than that or just have an irregular schedule, you may find books more fulfilling if you binge-read them, as author Ryan Holiday does. Follow the degree of inspiration If you really love the book, you may be able to find the thread of the books that inspired it. The authors of non-fiction books usually mention notable figures throughout the book, or in the notes section at the end (i.e. bibliography or cited works). It may be harder to track down books that inspired authors of fiction. They'll probably mention them in interviews or in confessions, so you, will have to do some digging. You can also take a look at the reviews of book critics to see if they made any comparisons of the book or mention the author's author Once you find one source of inspiration, you can repeat the exercise

and find the books that inspired that one. Even if it can be time consuming, looking through these degrees of inspiration can also be very rewarding (and surprisingly exhilarating). You can stumble upon the random, obscure, find and really enjoy it. You can also hate it. You subsequently wonder what the author of the original book received from such a strange source of inspiration. You don't just have to follow back from inspiration. You can also move forward and look into books that have been inspired by the book you love. Author Robert Green mentions in this Reddit AMA that he came across an extremely unique book based on scrounging through authors inspiration, one degree of separation at a time. Read two at a time, if you quit the book because you keep jumping on the new one, try reading the two at once. (But no more!) It can be difficult to slog through one book at a time. When you read two, one book may be for personal interest (e.g. fiction, biography, poetry, etc.) and the other for personal or professional development (e.g. work-related, skills development, self-help, etc.). It may also be that one book is more convenient for you and another takes you out of your usual reading and comfort zone. You can think of these two books as vegetables and dessert. It is likely you will find your personal compelling, so sometimes you can entice yourself to read a professional book by saying: I will read 10 pages of this before you start reading this other book. However, once you are in the groove of it, you may find that a professional book is just as interesting as a personal one, it just wasn't as originally appealing. The idea is not to start on any new books until you complete one or throw it. So, for example, if you finish your personal book way up professional, you can start with a new personal book. You can use this method to find out if you really don't like the book, for example, if you are reading through three different personal books and still stuck on a professional book, maybe it's time to put it down and try another one. Reading two books at a time can change the reading experience. Former public broadcaster Lisa Boo notes in this TED Talk that comparative reading, which is a common practice in the academic world, helps to present a more holistic view of the subject. Even if they are random couples, your brain will most likely still find the occasional interesting connection between the two books. Reading should not be a chore. You don't have to stick to every book. Once you drop the book, you can pick it back up later. Hug and take a lot of notes. Use your impulse to binge-read books on days when you have time, energy and curiosity. Look through the author's inspiration to find new books. Read two books at once to stay persistent Focused. Illustration by Tina Mailhot-Roberge. Photos of Roman Klee, Porsche Brosso, martinak15 and Horia Varlan. Follow the latest daily buzz with buzzFeed Daily Newsletter! The word lecture itself conjures up many negative images and connotations for most people. This may be one of the main reasons why many students start to fear them before they ever take place. However, it is important to understand there is a difference between listening to a college lecture and being talked up on a power figure. If you are willing to rethink the experience, you will be well on your way to using each of your professor's lectures to your advantage. In this article we'll talk about how you can prepare yourself for college lectures to get most of the experience. What is a college lecture? In high school, you're probably used to learning and learning text. Your teachers have used different methods to give each student the opportunity to keep up at their own pace. With the college lecture, however, the professor controls the pace of the class. He or she is highly skilled and knowledgeable in his field of knowledge and probably want to share it verbally. Frankly, in many ways the practice itself seems somewhat narcissistic at first glance. It may seem that the speaker needs to voice his experience and knowledge - it would seem to hear the sound of his own voice. However dubious college lectures may be for you, they will become a vital component of your experience that you will need to either endure or enjoy. The choice is yours. If you want to ensure the entire college lecture scene leaves you unscathed, then it's best that you acclimatize about what to expect. Using several strategies, you can maximize your ability to go through each lecture with ease and make the most of it. Why do professors use a lecture model? Lectures are a completely different way of learning than what you're probably used to. They offer the speaker the opportunity to provide as much information as possible as soon as possible to the largest number of people. However, being careful is crucial to your success. In the real world, there is a lot more information that needs to be covered in each classroom to cover all the necessary materials that you need to learn. You have to keep up. You will not be able to pause, slow down the lecture or rewind for clarification. You may be wondering what's going on, but rest assured there's a great reason for this way of learning. You are responsible for assimilating information. Instead of a teacher being given to make sure you understand the subject, you become a consumer. You pay for the information and you pay dearly for it. In fact, a lecture in college is a condensed form information provided to you to help you find out, so it's up to you to pay attention and get it right. While this may seem harsh, consider the amount of information you will have to keep over the next four years. If you are serious about making the most of your investment in higher education, you will look at lectures as something of incredible value, not like the difficulties that you have to suffer to the end. Remember that by law you are no longer required to attend school. Instead, you are a consumer of education and information. Once you understand the difference, your experience will take on new value for you. How to make the most of each lecture If your professor gives you materials or texts to read before class, read them. Don't think you can catch up during the lecture. Most of the literature you will be given is designed to be considered in advance, so that you are ready for the conversation itself. If you neglect to switch materials, you may find yourself lost before you even get started. Look at your curriculum often. It's easy to forget all about this vital piece of paper after a month or two, but it's really one of the best tools in your research arsenal. Reading through it at least once a week will give you a new understanding of what your professor is trying to teach you and what you can expect from the course. You'll find that many of the critical points that you didn't get at the beginning of the class will become much clearer as you keep track of all your notes from previous lectures and classes. For a while to refresh your memory of the concepts you've already received. If necessary, they record every lecture. However, research has shown that the best way to store information is through handwritten notes rather than using digital tools. Hand-eye coordination and the attention you need can help you remember better than relying on other methods. If you have questions, pay attention to them and be sure to contact them during any sessions after the lecture. There is no reason to leave the room confused or bewildered by what the professor was saying. If you don't get the chance to get answers to your questions, be sure to make an appointment with your instructor during business hours to clarify any points you still need help with. Don't worry about the seeming pest. You are simply ensuring that you understand all the materials as consumer information. During each lecture, sit in a better place that will allow you to stay engaged and focused. Don't let yourself get distracted by your phone or computer. Make sure you are well rested so you can pay attention and come to a lecture ready to pick up as much valuable information as this Take handwritten notes and listen. Extract every ounce of information you can from what is said. After the lecture Look at the notes, and make sure you have a basic understanding of what you've heard. If you have questions, write them down. You can talk to some of your fellow study students or partner to clear up anything that seems confusing. If you still have too many questions or are confused, be sure to set aside time to go to any questions with your professor. He or she will be more than willing to help. That's what they're there for. If you find that you need extra help, don't be afraid to ask for a bit of academic coaching or tutoring through your school's training center. Most colleges have peers who are happy to help other students stay focused and learn to learn effectively. If you find that lectures are a problem, use all the resources available to you. Related: Related: the last lecture summary chapter 1. the last lecture summary randy pausch. the last lecture summary chapters. the last lecture summary video. the last lecture book summary. the last lecture chapter 4 summary. the last lecture chapter 6 summary. the last lecture chapter 12 summary

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