

Peak Performance

Chapter 5 - Active Reading

- I. The Importance of Active Reading**
- II. Reading Systems**
 - A. The Five-Part Reading System
 - B. The SQ3R Reading System
- III. Preparation for Reading**
- IV. Reading Strategies**
 - A. Reviewing
- V. Barriers to Effective Reading**
- VI. Managing Language Courses**
- VII. Vocabulary Building**
- VIII. Technical Reading**
- IX. Reading Forms**