

Tips for coping with difficult content

At times, you will be reading something that is difficult to understand. Your head may start to hurt, and you might feel an urge to give up. Do not despair, use these simple tips for coping with difficult content.

- Study in a quiet area, with no distractions
- Look at the headings/sub-headings and note which direction the content is taking
- Look up the definition of any unfamiliar words
- Note down any questions that arise during your reading.
- Try to use your own words to summarise the parts you do understand. Say these aloud or write them down.
- Draw sketches or diagrams to help you understand what the text is trying to say
- Take a break if needed and come back to it later