



## Weekly Reading List

**First**, determine your average reading rate per page by the reading's level of difficulty (hard, medium, or easy). To do this, time yourself while completing each type of reading, including your notetaking, and then divide your total time by the number of pages. This will determine your ratio of minutes per page. (Ex. 24 min/6 pg. of textbook reading = 4 min/pg. for medium-level reading.) **Next**, write your reading rates in the spaces provided below. **Finally**, use this information to plan your reading sessions more accurately! (Pro Tip: Break apart readings longer than 45 minutes to an hour.)

Levels of difficulty: H = hard | M = Medium | E = easy

Week of: _____		Reading Rates: Min/Pg. H _____   M _____   E _____		
Class	Level (H, M, E)	Reading Name & Page Count	Est. Time (Rate* Pg #)	Done Y/N
<i>Psych</i>	<i>H</i>	<i>Schylar PDF (Scholarly Article)</i>	<i>(5 min*15 pg.) = 75 min</i>	Y

Adapted from: "The To-Do List," The Learning Center at UNC-Chapel Hill