How you Read: A Metacognitive Reading Log

Explanation: Reading trains your brain to slow down, reflect, and think deeply. In a world flooded with distractions, it's one of the most powerful ways to build focus, patience, and lasting knowledge. The better you become at focusing, the better your chances of building a successful, meaningful life—on your own terms.

But this assignment isn't just about reading a book. It's about learning how you read—how your brain works, what distracts you, and what helps you concentrate.

Your Task:

1) Choose a book that interests you—any genre, fiction or nonfiction.

Write the title and author of your book below:

_____

_____

2) Set aside time to read regularly over the next couple of weeks. After each reading session, reflect using the prompts on the next page.

Why are we doing this?

By tracking your reading habits, you'll start to notice when and where you focus best, what throws you off, and how your brain handles complex ideas over time. That kind of self-awareness isn't just helpful for school—it's helpful for life.

This isn't about being perfect. It's about being honest—and learning how your mind works so you can get better at using it.

Name: _____   Period: _____

Reading Check-In (Complete After Each Session)

1. **When did you read?**
🕐 Date & time:
_____

_____

2. **How long did you read for?**
⏳ Be real—5 minutes or 50, it all counts:
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3. **Where were you?**
📍 Couch, bed, bus, library?
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4. **Focus level (1–10):**
🎯 How locked in were you?
_____

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5. **What tried to steal your focus?**
😵 Phone? People? Random thoughts?
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6. **What helped you stay in the zone?**
💁‍♂️ Music? Silence? A comfy chair?
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7. **Quick Recap Challenge:**
✍️ Sum up what you read in exactly 20 words—no more, no less. Make it count.
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