



Reading • to • Learn
Northwest Florida State College
Quality Enhancement Plan

Using Reading Strategies to Learn from Academic Textbooks

Triple Highlighting Strategy

Triple-highlighting is a reading strategy that has been successfully used in college classes and in the military. In fact, Air Force trainees using triple highlighting were able to score at least 95 percent on a 100-question, closed-book test.

To use this strategy, you will need three highlighters: one yellow, one blue, and one pink.

All highlighting is done in your book.

Here is how the strategy works:

1. **Highlight in yellow in your book** only the information that you don't already know when you read your assigned chapter. *Everything highlighted in yellow is what you don't already know.*
2. **Highlight in blue in your book** the important points emphasized by the instructor during the lecture. Highlight anything that comes from your instructor (Power Points, outlines, study guides). *If it comes from your instructor, it should be highlighted in blue in your textbook.*
3. **Highlight in pink in your book** the answers to questions at the beginning or end of the chapter. *These answers in pink are what the author has determined important.*
4. Review the pages in your book that you have highlighted.
 - Triple-highlighted information is most important to study and most likely to be on your test.
 - Double-highlighted information is also important to study and will probably be on the test.
5. Write double- and triple-highlighted information onto index cards and study the information on the cards.
6. To study most effectively, break your study time into 20 minute sessions. Then, take a three to five minute break, and study for another 20 minutes. Continue to do this four times in a row. After this study time, take a 25 minute break and begin the studying again.