



Promoting Understanding & Building Endurance through Reading-Reflection Pauses (Hedin & Conderman, 2010). The student decides on a reading interval (e.g., every four sentences; every 3 minutes; at the end of each paragraph). At the end of each interval, the student pauses briefly to recall the main points of the reading. If the student has questions or is uncertain about the content, the student applies these fix-up skills:

- rereads the paragraph
- slows their reading
- focuses full attention on what they are reading
- underlines any words that they do not know and tries to figure them out from the reading (context).

This strategy is useful both for students who need to monitor their understanding as well as those who benefit from brief breaks when engaging in intensive reading as a means to build up endurance as attentive readers.

Hedin, L. R., & Conderman, G. (2010). Teaching students to comprehend informational text through rereading. *The Reading Teacher*, 63(7), 556–565.