

SEMI-REFUGIATION

Before

Reading

- ② Which book will I read?
- ② Where will I read?
- ② Will this location enable me to focus on my reading?
- ② Do I have all of my SEM-R materials?

During

Reading

- ② Am I focused on my reading?
- ② Am I being distracted?
By what?
- ② How can I encourage myself to focus?
- ② What questions do I have about my reading?

