1. Read one paragraph at a time or pause at specific points during the video.



4. Continue on to the next paragraph or next section of the video and repeat the process.



2. At the end of the paragraph or at specific sections in the video, stop to talk about the meaning.





3. Co-annotate the paragraph with a succinct sentence to capture the meaning of the paragraph, or take brief notes about this specific section of the video.

Image sources: istock.com/Vladislav Popov, istock.com/Momento Design, istock.com/appleuzr