Self-monitoring is being aware of your own thinking when you read.

A really important part of self-monitoring is knowing when you have stopped understanding what you have read. It may be that you are not sure of what a word, sentence or even a paragraph means.

If you can recognise when this happens, you can use a strategy such as rereading to fix it.

That bit doesn’t make sense. I think I will stop and go back and reread it slowly out loud and see if that helps.