



Why Is Reading Important

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AGENDA

- What is Reading
 - Types of reading
- Advantages of Reading
 - Psychological Advantages
 - Physical Advantages
 - Human Nature
- How to Improve Reading Skills

What IS Reading

- "What is reading?" Ask a random person on the street this question and he or she might shrug and say, "Gee, it's just looking at the words on the page"
- Reading is more than just knowing words and grammar
- To derive meaning from print, for it to make sense beyond mere "decoding," the reader must have a knowledge base, or "mental schema," in order to make associations with the concepts presented in the text. A person in the act of reading is actively, if unconsciously, engaged in a dialogue with the text, figuring out its meaning, linking it with known material or world experience, perhaps questioning or challenging the ideas presented on the page.

There are more than 129 million books published

What IS Reading..continued

- **The four main types of reading techniques are the following:**
 - Skimming
 - Scanning
 - Intensive
 - Extensive
- **SKIMMING:** Skimming may help in order to know what the text is about at its most basic level.
 - You might typically do this with a magazine or newspaper and would help you mentally and quickly shortlist those articles which you might consider for a deeper read.
 - You might typically skim to search for a name in a telephone directory.
 - You can reach a speed count of even 700 words per minute if you train yourself well in this particular method.
 - Comprehension is of course very low and understanding of overall content very superficial.

The most expensive book cost Rs210 cr – Codex Leicester by Leonardo Da Vinci

What IS Reading..continued

- **SCANNING**

- Picture yourself visiting a historical city, guide book in hand.
- You would most probably just scan the guide book to see which site you might want to visit.
- Scanning involves getting your eyes to quickly scuttle across sentence and is used to get just a simple piece of information.
- Interestingly, research has concluded that reading off a computer screen actually inhibits the pathways to effective scanning and thus, reading of paper is far more conducive to speedy comprehension of texts.
- Something students sometimes do not give enough importance to is illustrations.
- These should be included in your scanning. Pay special attention to the introduction and the conclusion.

"Bibliosmia" is the smell associated with books

What IS Reading..continued

- **Intensive Reading**

- You need to have your aims clear in mind when undertaking intensive reading.
- Remember this is going to be far more time consuming than scanning or skimming.
- If you need to list the chronology of events in a long passage, you will need to read it intensively.
- This type of reading has indeed beneficial to language learners as it helps them understand vocabulary by deducing the meaning of words in context.
- It moreover, helps with retention of information for long periods of time and knowledge resulting from intensive reading persists in your long term memory.
- This is one reason why reading huge amounts of information just before an exam does not work very well.
- Students tend to do this, and they undertake neither type of reading process effectively, especially neglecting intensive reading.
- They may remember the answers in an exam but will likely forget everything soon afterwards.

Longest sentence ever printed is 823 words-Les Misrebales

What IS Reading..continued

- **Extensive Reading**

- Extensive reading involves reading for pleasure.
- Because there is an element of enjoyment in extensive reading it is unlikely that students will undertake extensive reading of a text they do not like.
- It also requires a fluid decoding and assimilation of the text and content in front of you.
- If the text is difficult and you stop every few minutes to figure out what is being said or to look up new words in the dictionary, you are breaking your concentration and diverting your thoughts.

Earlier books were considered piece of art so author name was not published

Advantages of Reading- Psychological Advantages

- Reading assists mental wellbeing
- Enables you to understand others
- Reading improves empathy
- Reading makes you more intelligent

The first book on a typewriter is Mark Twain's –Adventure of Tom Sawyer

Advantages of Reading-Physical Advantages

- **Increase your vocabulary**
- **Improve concentration**
- **Reading something is just about as good as experiencing it**
- **It helps your writing**
- **Reading helps you make neurological connections**
- **Reading gives you the ability to re-read and remember a text**
- **Reading helps you sleep**
- **Reading improves memory**
- **Reading can help with depression**
 - Reading helped build self-confidence, lessening cultural isolation, building a sense of community and fostering increased communication skills.

Bill Gates reads one book per week and simultaneously 2-3 books. He publishes best reads as well

Advantages of Reading- Human Nature

- You'll become a better communicator
- Increases imagination and creativity
- It helps your writing
- Reading helps you make neurological connections
- Reading gives you the ability to re-read and remember a text
- Reading can give you a 'how-to' guide
- Reduces stress
- Reading helps you collect the thoughts and views of others and develop an educated opinion
- Each time you read a book, you'll get another insight
- Reading is enjoyable!

The 3 most read books- Bible, Quotations of Mao Tse -Tung and Harry Potter

How to Improve Reading

- **1 Accept that it's okay to quit.** Sometimes I'll start a book, only to find that I'm not really enjoying it or finding much meaning in it — but I'll “power through” anyway, because I don't want to be a quitter.
 - If you ultimately don't enjoy a novel, free yourself from guilt and put it down.
- **2. There are hidden minutes everywhere.**
 - Stephen King, who attributes reading to much of his incredible success as an author, reportedly told people to read about 5 hours a day if they want to follow in his footsteps.
 - As a [time-strapped entrepreneur](#), I first laughed at that notion. That is until HBR pointed out how often King actually reads on the go, or outside of his house. Take all [the times he's been spotted reading at Red Sox games](#), for instance.
 - To the average passerby, it might seem insane to whip out a book at Fenway Park. But if they knew that very same habit helped [King sell over 350 million books](#), they might be inclined to bring a paperback next time.
- **3. Keep it quiet.**
 - Science shows that sharing your intentions with others when you're working toward a task or goal can backfire, and make you less likely to succeed.
 - [A 2009 study](#) found that when students who wanted to become psychologists wrote down activities that would help them achieve that goal and shared them with the experimenter, they were less likely to actually perform those activities. The control group who did not share their list of intended activities with the experimenter spent much more time pursuing those activities.
 - When people share their goal, they feel less motivation to work hard. So if you're committing to reading more books, express your goal and your steps to get there — even write it down — but keep it to yourself.

How to Improve Reading..contd

- **4. Limit distractions.**
 - Neil Pasricha made this happen in his home by banishing the TV to the basement, and placing the bookshelf front and center. According to HBR, Pasricha drew inspiration from the famous [“chocolate chip cookie and radish” experiment](#) by psychologist Roy Baumeister.
- **5. Read physical books.**
 - The same advice about limiting distractions can be applied in a big way to favoring physical books over e-readers. Having a tangible piece of reading material in your hand — instead of an internet-connected device where you can also check your email or look up recipes on Pinterest — can limit distraction and necessary willpower.
- **6. Change your mindset.**
 - “You need to stop thinking of it as ‘some activity that you do... [it] must become as natural as eating and breathing to you. It’s not something you do because you feel like it, but because it’s a reflex, a default,”
 - You can do this today by turning your reading habits into specific, time-sensitive goals, and placing them on the top of your [priority list](#) every day.
- **7. Find curated lists.**
 - [Decision fatigue](#) is a very real thing, and it can eat away at your willpower when trying to adopt new habits like reading.



Thank You!

For more information have a look at:

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