READING CHANGES LIVES

by:

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Why is reading important? How can reading benefit us? How does it feed student’s intellectual capacity and curiosity? How does it make us a better person and improve our lives? And you might be thinking, how can reading be the best way to leave all your woes behind?

Reading is a cognitive process that focuses on comprehension, word recognition, fluency and acquires direct and comprehensive information. Reading ability directly influences how much an individual understands a text. It involves three stages: (1) Pre-Reading Stage; (2) While-Reading Stage, and (3) Post-Reading Stage. The pre-reading stage activates background knowledge and sets the purpose of reading. It makes predictions and previewing the whole text more like creating a bigger picture drawn from the selection. After such, the reading stage involves the responding and exploring process. Students can relate to what they read by making connections and recalling similar situations or experiences. It strengthens the reading skills of a reader. Finally, the third stage is the post-reading or applying on the reading process. It summarizes, reflects and applies what they have read. It helps them analyze concepts for deeper understanding of ideas and better organization of facts and information.

What exactly do human beings get from reading? It benefits our physical and mental health and eventually these benefits can even last for a lifetime. Reading strengthens our brain and stimulates our cognitive functions. It shows a heightened ability to comprehend the feelings and beliefs of others, fires up our imagination and creativity, stabilizes our emotions, builds and expands our vocabulary and general
knowledge, reduces psychological stress and even helps alleviate depression. Indeed, reading contributes positively to one’s development and plays a key to building a well-rounded self-image. It is a gateway to learning everything. It helps change lives.

We are exposed to a lot of things by simply reading. It makes us smarter and displays greater knowledge on how things work. It can be a fun and imaginative time for the learners as it opens door for their educational performance. With so many advantages of reading, there is a reason for its obsession. So, let’s read every day. Let’s all be reminded that reading feeds the mind and the soul. So, you better eat up!

Reference: