WAYS TO PRODUCTIVITY AND SELF-IMPROVEMENT THROUGH READING

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Are you fond of reading? How often do you read books? How did you improve after doing a lot of readings?

There could be many benefits and good points that we could gain from reading. But the best of them all is that reading could give us wonderful experiences that could uplift us and make our lives feel better.

Reading books make us know a lot of things and this will lead us to internalize and remember the insights from the books that we read. It is not important that we have read a lot of books, but what is significant is the things we acquire from it. Reading should also mean there are ideas and learning that retained in our mind. How did reading improve us? How did reading affect us as individuals? What are the developments we accomplished after reading a lot of books?

To retain more of what we read, we could try some steps or ways. We could read great books twice. Do not just read a lot of books. Rather, sort the great books from the average ones and prioritize the great ones. It is important that we know that there are many amazing things to read, so don’t waste our time reading books that are not of our interests, but read more of those books that we think could improve us better. Let us choose a book that we can immediately apply to ourselves. One way to improve our reading comprehension is reading books that we can immediately put the ideas we gained into action. This is considered one of the best ways to secure and retain ideas into our minds. Choose books that are very relevant in our life.
Always keep notes on what we read. When we read, take down notes. Learn to emphasize the important points or highlights of the books that we read. In doing so, make sure that our notes are still researchable. Write a short and simple summary of what we have read. Always challenge ourselves to summarize the ideas we gained or the insights we have crafted in our minds into small number of sentences. Focus on main ideas. We can review the notes you made or go back to the text again and again. Read many books that talk on the same topic. This will help us weigh things from the perspectives of many people. Do not just rely on one author. Read more books that tells about the same topic, then try to transcend which one would best fit our beliefs and preferences according to our personal experiences.

Books could really change our lives so it is important that we know how to handle or manage our reading gains. Still, the point is do not stop reading because it helps us become a little wiser every day.

Reading is now a vital tool towards learning. Let us be productive and improve ourselves through it.

References:

https://jamesclear.com/articles