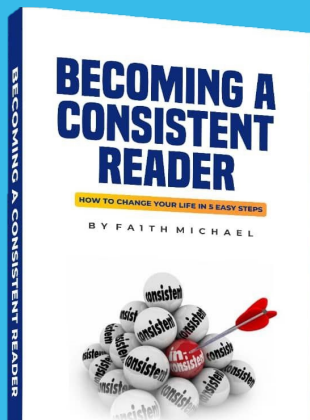




Developing The Reading Habit



Book under review:

Becoming A Consistent Reader
(Coach Faith Michael)

“ We are not **merely** readers
but architects of our **intellectual
destiny**, ready to embrace the
boundless opportunities that await
us through the art of
consistency. ”

- Faith Michael



INTRODUCTION

What's the last book
you meant to finish
but didn't – and why?

CONSISTENCY- Why It Matters?

- The driving force behind any form of extraordinary achievement in any field or life is **Consistency**
- **Consistency** is the practice of repeating an action reliably over time, regardless of mood or motivation, until it becomes a stable habit.

CONSISTENCY- Why It Matters?

- It takes consistency to develop the reading skill
- This demands 'GRIT' as the author Angela Duckworth says
- Grit is the determination to keep showing up, even during unfavourable times based on schedules, circumstances or emotions
- It turns occasional activity into a lifestyle

STEP 1: IDENTIFY YOUR INTEREST

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Ask yourself these questions:

- What am I naturally curious about right now?
- What do I have a strong desire to learn?
- What is my current mood?
- What am I seeking to address in my life at the moment?

STEP 1: IDENTIFY YOUR INTEREST

8 steps to identify your interest

- **REFLECT:** -Consider your current goals and emotions
- **SET GOALS:** Setting precise goals aids in book selection
- **CONSIDER YOUR ENVIRONMENT:** What are the things around you that can impact your decision??
- **CHECK YOUR MOOD:** Seek content that resonates or uplift one's mood.

STEP 1: IDENTIFY YOUR INTEREST

8 steps to identify your interest

- **SCAN YOUR INTERACTIONS:** Kind of conversations you like to engage in?
- **BROWSE AND EXPLORE:** Seek out libraries, online platforms, or bookstores
- **REFLECT OF PAST READS:** take an introspection on what you've read before
- **JOIN A BOOKCLUB:** Joining like-minded people or associating with booklovers can boost one's interest

STEP 2: ENGAGE IN PRE-READING

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- **Pre-reading:** It is an effort to familiarize yourself with the book or reading material at hand before delving deep.
- It helps you to know whether the books satisfy your needs
- It reveals the author's writing pattern
- It builds connect with the book before you start reading it.

STEP 2: ENGAGE IN PRE-READING

Pre-reading techniques

- **Skimming**
- **Scanning**
- **Activate prior knowledge**
- **Ask questions**
- **Set a purpose**

STEP 3:

What to do while reading?

STEP 3: WHAT TO DO WHILE READING?

Reading Strategies

- **Note-taking:** Capture facts, questions, connections and insights
- **Visualization:** Create mental pictures or blueprints for ideas
- **Summarize:** restate the content in your own words
- **Staying engaged:** evaluate arguments, evidence and alternatives.

STEP 3: WHAT TO DO WHILE READING?

Reading Strategies

- **Manage your pace:** different books require different speeds
- **Identify key ideas:** separate central ideas from supporting details
- **Monitor Comprehension:** pause, clarify and backtrack when needed

STEP 4: After Reading

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- Finishing a book is not the finish line.
- Review what you captured.
- Reflect on key ideas and questions.
- Discuss and share with other readers.
- Use the knowledge in real-life situations.
- Extend learning with related resources.
- Synthesize new ideas with what you already know

STEP 5:

Tips for Sustainability

STEP 5: TIPS FOR SUSTAINABILITY

- Start small and practice daily.
- Discover your ideal reading time and personal strengths.
- Build a personal library.
- Carry a book wherever you go.
- Use spare moments instead of automatically scrolling.
- Increase intensity gradually to avoid burnout.

STEP 5: TIPS FOR SUSTAINABILITY

- Treat books as a long-term investment in knowledge.
- Create a dedicated, comfortable reading space.
- Curate books around your genuine interests.
- Keep useful books accessible for reference.
- A visible collection can reinforce your identity and motivation as a reader.

STEP 5: TIPS FOR SUSTAINABILITY

- Commutes, waiting rooms, and short breaks can become reading opportunities.
- A physical book can reduce the pull of endless scrolling.
- Seize small opportunities to read a book
- A book can even become a conversation starter and connect you with other readers.

Questions Time!

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*Read,
Learn
and Do!*

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