

The Importance of a Book Club

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It's common knowledge that children should read 20 minutes a day ever since our teachers as children told us to almost every day and even had it written on the blackboard. There's a reason why. Not only for increasing your vocabulary, reading skills, but also for making a child overall happier in life. Books provide solace, and companionship when you need it. It not only is associated with high mental wellbeing (Clark, & Teravainen-Goff, 2017), the higher your reading ability is, the less likely you are to be associated with mental health problems (Boyes, Tebbutt, Preece, & Badcock, 2017). Daily reading helps increase overall satisfaction in life while providing kids with a healthy distraction and coping mechanisms early on. This provokes the question of if reading is an early intervention tool in helping kids succeed both with school, and their emotional wellbeing.

Struggling readers tend to show their insecurities through the classroom and behavioral issues inside that classroom and take out their insecurity through aggravated or sad behavior in the classroom (Hurry, Flouri, & Sylva, 2018). Research has shown that these kids with struggling behavior in elementary school were put through a three year study throughout middle school and the study had shown that their attention class in school had grown and as a result, their grades improved as well (Hurry, Flouri, & Sylva, 2018). This helps show that reading as an intervention at a young age for these kids is actually beneficial and not just for vocabulary as many people think (2017). Many people believe that reading is just a distraction, or just there to help increase your vocabulary though this evidence shows that it does help beyond that (2017). Kids of all ages can benefit from reading regardless of if they need intervention but intervention through reading could be more comfortable and easier for kids who don't find going to the school psychologist helpful or may not need it. They may just need a quick distraction and get away from their troubles in real life and help them focus in the classroom which all teachers love

(Clark & Teravainen-Goff, 2018). This attention can help the student succeed in the classroom which in turn also helps their overall happiness in life and approach the classroom in a positive way compared to if they were angry over their grades and school. (2020) This helps show why reading is important for another point as well. A link between reading and mental wellbeing is established as they approach the classroom differently and in a more attentive, hands-on manner as they begin to understand the world around them with the help of reading and what it means to be educated on a variety of topics (Clark & Teravainen-Goff, 2018).

Reading is important for another reason than just helping to foster attentiveness in class. It helps students boost satisfaction with life. Students that have low reading levels have been linked to higher risk for problems with depression and anxiety as well as conduct problems (Boyes, Tebbutt, Preece, & Badcock, 2017). This shows that students who have a higher reading level will be less likely to have problems with mental health and conduct disorder. This reason ties into the fact that while kids may not be likely to visit a school psychologist for whatever reason, they are able to pick up a book by themselves and decide to read it as their own tool to help with caring for themselves and lifting their spirits whenever they may need it (Boyes, Tebbutt, Preece, & Badcock, 2017). This helps with students who may feel anxiety going to that school psychologist to talk about their issues and generally improve their daily satisfaction with life. Reading as well gives students confidence to be more open about their knowledge and opinions due to the fact that they are more educated through reading these books and helps them be more confident in social situations as a result (Merrimack, 2020). Social confidence in school is very important since some kids may refuse to read due to their own lack of belief in their reading ability and it helps improve the classroom environment in many ways as well as their mental health (Boyes, Tebbutt, Preece, & Badcock, 2017). These correlations help show more

reasons to these kids besides vocabulary would help entice them into actually reading and help them beyond what teachers can do in the classroom. Their risk of mental health problems would reduce, social confidence would increase, and beyond those two effects are a lot more on why reading is important and an essential intervention tool for kids who may need a boost or something to help themselves get throughout daily life (Clark & Teravainen-Goff, 2018).

There is also actual scientific evidence looking at the brain that proves the effect of reading on the connections in the brain. Research has shown that reading increases the part of the brain that affects the way an individual creates meaning with the world, and increases their vocabulary as well. (Berns, Blaine, Prietula, & Pye, 2013) Increasing their vocabulary at a young age helps these kids feel more confidence in performing in the classroom and in their general knowledge and helps them be more performative students in the classroom and fosters what these kids need to be successful students not only in the classroom but in real life where they can constantly showcase their knowledge or not feel as if they were left behind as kids (Clark, & Teravainen-Goff, 2017). If we introduce these topics to these kids at a young age, and provide them with this despite for the added benefit of just vocabulary, we can actually see improvements in these kids as they grow up and continue to read more (Hurry, Flouri, & Sylva, 2018). This education and attentiveness helps them grow up to be smarter, and emotionally smarter people as they feel happier with themselves and life in general (Boyes, Tebbutt, Preece, & Badcock, 2017). Reading as a general intervention tool would be beneficial to these kids in an infinite number of ways though listing them in one paper would be impossible. Mental wellbeing is the most important of these though as growing up in a society becoming more accepting of mental health, and the issues that come with it, learning and providing these kids with an early intervention tool would help these people deal with the issues that may arise as they grow older and that anyone

will most likely fail to predict. Performing response based interventions as well as when they grow older and their tastes diverse will help these kids succeed in the classroom and enjoy overall life for themselves while being attentive in class and making teachers happy as well (Hurry, Flouri, & Sylva, 2018). Simply providing students with the information of reading 20 minutes a day is beneficial for their vocabulary is not enough and more information needs to be given on why it is beneficial and important and why they should do it (2017). It may differ between these students though the positive results that will occur for them as they read will be all the reason why providing reading as an early intervention for all these reasons is important and needed (2017).

Reading is significant for every kid and would provide them with an early self care tool that they can use at their own leisure and help them become the people they want to become. It would also help them improve on their already awesome selves as well as providing a distraction to the troubles they may have in their life (2016). Ignoring this evidence would only be damaging for our later generations kids, and not provide them with the education they'll need in the future to deal with problems successfully. Helping teachers as well is also a positive bonus by helping these kids become more attentive in class (2016). Reading is great as an early intervention tool, and will help our kids and their kids be greater people than the generation that came before them.

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