

Concepts and comments

Learn to Read in English with Somewhat Challenging Texts

When you're learning to read in English, it's best to read just above your reading level.

This means you read articles or books which are a little bit difficult for you. Some words and sentences will be challenging or unfamiliar, but you can still understand what the text is saying.

Why would you read above your comfortable reading level? [It can be fun to read something easy](#), but if you only ever read easy texts, you won't improve. It's still a good idea to read something easier every now and then, but it won't push you to the next level. By reading just above what's comfortable, you will be challenged to learn a little more each time.

This way, you can push your reading level higher and higher. Before you know it, a text that used to be a little too difficult will now feel easy!

Don't push yourself to read something that's way above your reading level, though—unless you must. Working with text that's much too difficult can be very frustrating. So the goal is to find something a little challenging, but not too hard.

Steps to Take Before You Start Reading

Whether you're reading something easy, difficult or just right, here are some steps you can take (before you even start reading!) to make your reading easier.

- **Choose a time of day when you're the most *alert* (awake).** Are you a morning person or a night person? Do you feel like your brain works the best at a specific time of day? Try to read at that time.
- **Determine your reading goal.** Why are you reading the text? How you read a text will be different depending on what you want to get from the reading. Reading for a general understanding of a text will be completely different from reading to fully understand it, or to just learn new vocabulary.

- **Skim and scan.** *Scanning* a text means looking for a specific part or for the answer to a specific question. *Skimming* a text means letting your eyes look over the text quickly without really reading every word. These are both excellent strategies to use before you start reading. They will let you understand a little bit about the text or topic so you have a rough idea of what you're going to read about.
- **Make sure you're comfortable and have plenty of light.** Poor lighting can make you strain your eyes, and being uncomfortable is distracting. You want your mind to be completely on the text, not on how much your back hurts from your terrible chair!
- **Eliminate distractions.** Find a place where you can have some peace and quiet when you read, to help you concentrate. Turn off the television, put your phone on silent, and go to a quiet room alone.
- **Use a pen or finger to guide your reading.** If you're still having trouble focusing, slide your pen or finger under the words as you read them.

This will help keep your eyes from moving all over the page.

- **Take breaks.** After a while, your brain gets tired. When you're tired, it can be difficult to focus. Schedule breaks to give your eyes and mind a rest, or only read for short periods of time.

Skimming and Scanning

Your perceptions of any written text are deepened through familiarity. One of the most effective methods for beginning the kind of thoughtful reading necessary for academic work is to get a general overview of the text before beginning to read it in detail. By first **skimming** a text, you can get a sense of its overall logical progression. Skimming can also help you make decisions about where to place your greatest focus when you have limited time for your reading. Here is one technique for skimming a text. You may need to modify it to suit your own reading style.

١. First, prior to skimming, use some of the **previewing** techniques.
٢. Then, **read carefully** the **introductory paragraph**, or perhaps the first two paragraphs. Ask yourself what the focus of the text appears to be, and try to **predict** the direction of the coming explanations or arguments.
٣. Read carefully the **first one or two sentences of each paragraph**, as well as the **concluding sentence** or sentences.
٤. In between these opening and closing sentences, **keep your eyes moving** and try to avoid looking up unfamiliar words or terminology. Your goal is to pick up the larger concepts and something of the overall pattern and significance of the text.
٥. **Read carefully** the **concluding paragraph** or paragraphs. What does the author's overall purpose seem to be? Remember that you may be mistaken, so be prepared to modify your answer.
٦. Finally, return to the beginning and **read through the text carefully**, noting the complexities you missed in your skimming and filling in the gaps in your understanding. Think about your purpose in reading this text and what you need to retain from it, and **adjust your focus** accordingly. Look

up the terms you need to know, or unfamiliar words that appear **several** times.

Scanning is basically skimming with a more tightly focused purpose: skimming to **locate a particular fact or figure**, or to see whether this text mentions a **subject you're researching**. Scanning is essential in the writing of research papers, when you may need to look through many articles and books in order to find the material you need. Keep a specific set of goals in mind as you scan the text, and avoid becoming distracted by other material. You can note what you'd like to return to later when you do have time to read further, and use scanning to move ahead in your research project.

دانشجویان عزیز همانطور که می دانید عنوان درس شما زبان عمومی است و ممکنه برای شما این سوال پیش بیاید که خوب هدف چیست ؟ ایا هدف فقط یک نمره است یا نه یادگیری چند مهارت کاربردی که در موفقیت من در آینده میتونه نقش بسزایی داشته باشه .چرا که با یادگیری چند مهارت ساده اما کاربردی میتوانم متن های طولانی و خسته کننده را به اسانی درک کنم. این موضوع در کنار فرایند مهم speaking است که در جلسه اول خدمتون عرض کردم.

برای این جلسه در نظر دارم دو استراتژی مهم و کاربردی ولی بسیار ساده رو خدمتون توضیح دهم. در خصوص فرایند reading comprehension دوستان استراتژی های زیادی وجود دارد که بسیاری از کتابهای reading بر این دو استراتژی و همچنین main idea تمرکز داشته اند. در این جلسه این دو مهارت را خدمتتان توضیح میدم و در جلسه اتی به امید خدا how to paraphrase a text را برر می کنیم. دوستان در متن انگلیسی بالا دقیقا اشاره شده است که قبل از اقدام به خواندن یک متن چه اقداماتی می بایست انجام گیرد تا بتوانیم مهارت reading comprehension را تقویت کنیم. و اینجا نیز بنده به بیانی ساده تر خدمتون توضیح میدهم.

Skimming چیست؟ اجازه دهید با یک مثال شروع کنیم. شما وقتی که یک روزنامه رو میخوانید چه هدفی را دنبال می کنید؟ درست است. پاسخ شما حتم اینست که من روزنامه را می خوانم تا یک متن رو به صورت کلی بفهمم. یا به عبارتی main idea را متوجه شوید.

(By first skimming a text, you can get a sense of its overall logical progression)

به بیانی ساده تر skimming یعنی روزنامه وار خواندن یک متن جهت یک درک کلی از متن. توجه داشته باشید که در skimming شما به دنبال اطلاعات جزئی در متن نیستید و فقط متن را کاور کرده تا یک ایده کلی گرفته باشید.

Scanning چیست؟ در این استراتژی شما به دنبال یافتن پاسخ یک یا چند سوال در متن هستید و در حقیقت متن را scan می کنید و به دنبال مطلب یا اطلاعات خاصی هستید.

(Scanning a text means looking for a specific part or for the answer to a specific question.)

باتوجه به توضیحات بالا شما میتوانید تمرین صفحه ۹ کتاب را به آسانی انجام دهید. در جلسه اتی عنوان paraphrasing را بررسی خواهیم کرد.

با آرزوی توفیق و سلامتی برای شما و خانواده محترمتان.