



READING

Need some suggestions of how you can improve your reading yourself?

If you can read a bit already, here are some suggestions to try:

First - find a mentor.

A mentor is not necessarily a teacher or tutor, just a friend or family member who you can feel comfortable talking to and asking questions about this. You might need to get them to help you read this to start with.

Wonder about ... think about ... take a guess about all those words

Start to take more notice of the print all around you. Instead of thinking 'I can't read that', try to have a guess at it. Read things like the signs around you, advertisements and food packaging. Try to use pictures or headings or any other clues you have to predict what the words will be. You will be surprised how many times you will be able to work it out. This is called 'engaging with print' and it is what helps people to make progress in developing their reading skills.

Repeated reading

Find a few paragraphs of writing in a magazine or something similar and read them over and over until you can read them fluently. The amount of print you start with will depend on your level of reading. Try to build up to a piece of writing of about 100 words.

Get someone to read it to you first to make sure you know what all the words are. Then re-read and re-read and re-read. It will feel as if you are just reciting the words from memory. But that's OK. It is a really helpful thing to do.

Read-along

This is a variation of the *repeated reading* idea. Record someone reading something that you would be interested in (longer than the 100 word passages above). Perhaps something from a magazine or newspaper. Their reading should be natural and fluent, not word-by-word, but not too fast. Then read along with the recording several times.

Write ... write ... write

Try to write a little bit every day. You may not *need* to write in your everyday life, and you probably have problems with your spelling anyway, but writing is a good way to improve your reading. Guess at the spelling to start with, then ask someone if you are right, or look it up, or try to find it written somewhere. Get into the habit of thinking 'I wonder how that word is spelt?'

Speed Copying

Find a passage from a magazine or newspaper and try to copy it out as quickly as you can. Don't copy word by word but try to take in a few words at a time. Try to get a 'picture' of the words rather than spelling them out to yourself. Then when you have finished copying a passage, check it for accuracy.