



The Benefits of Reading

Increased Mindfulness ³

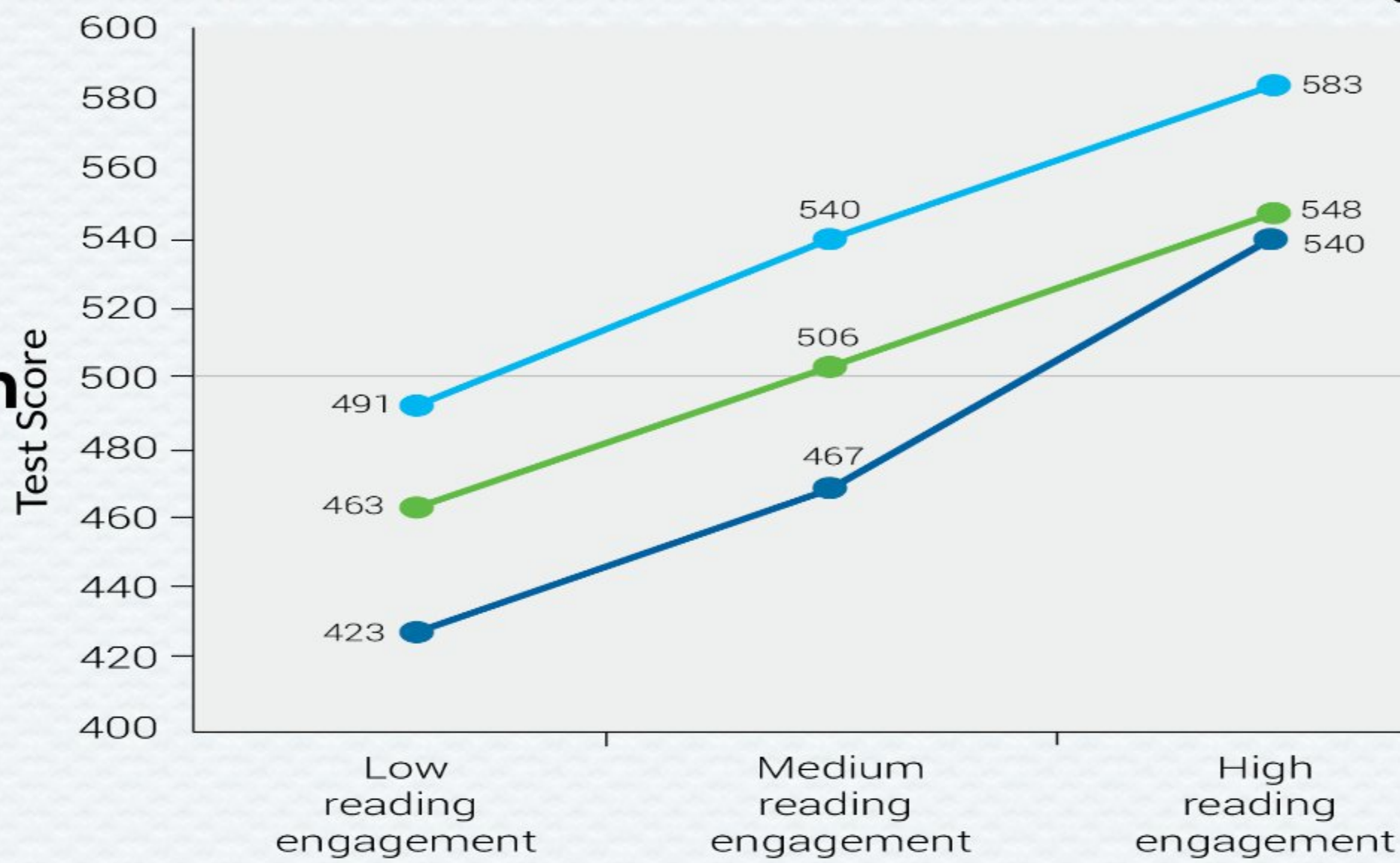


Improved brain function and connectivity ¹

Increased

+ Empathy ²

Increased Reading Time Increases Test Scores (Across All Socioeconomic Statuses) ⁶



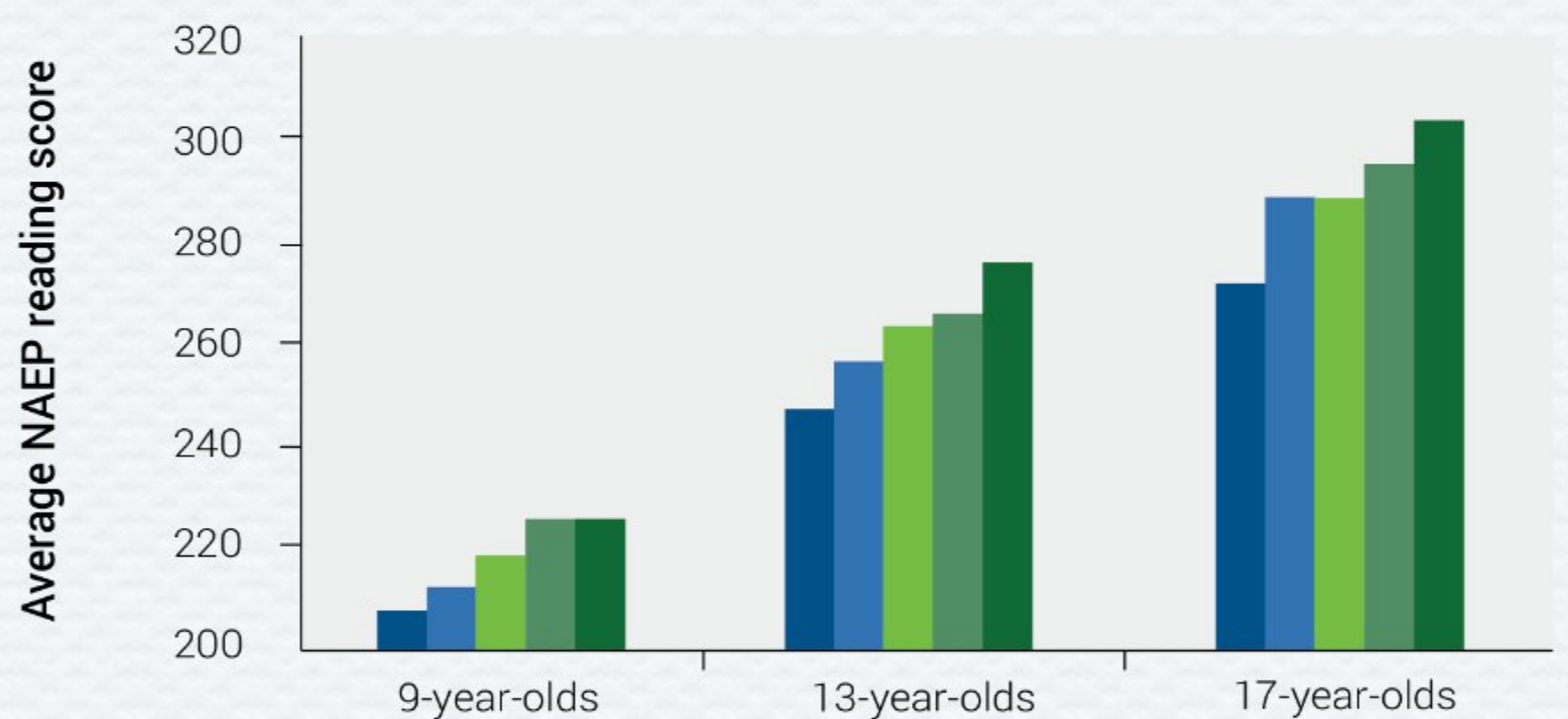
Increased Understanding in Other Subjects ⁵



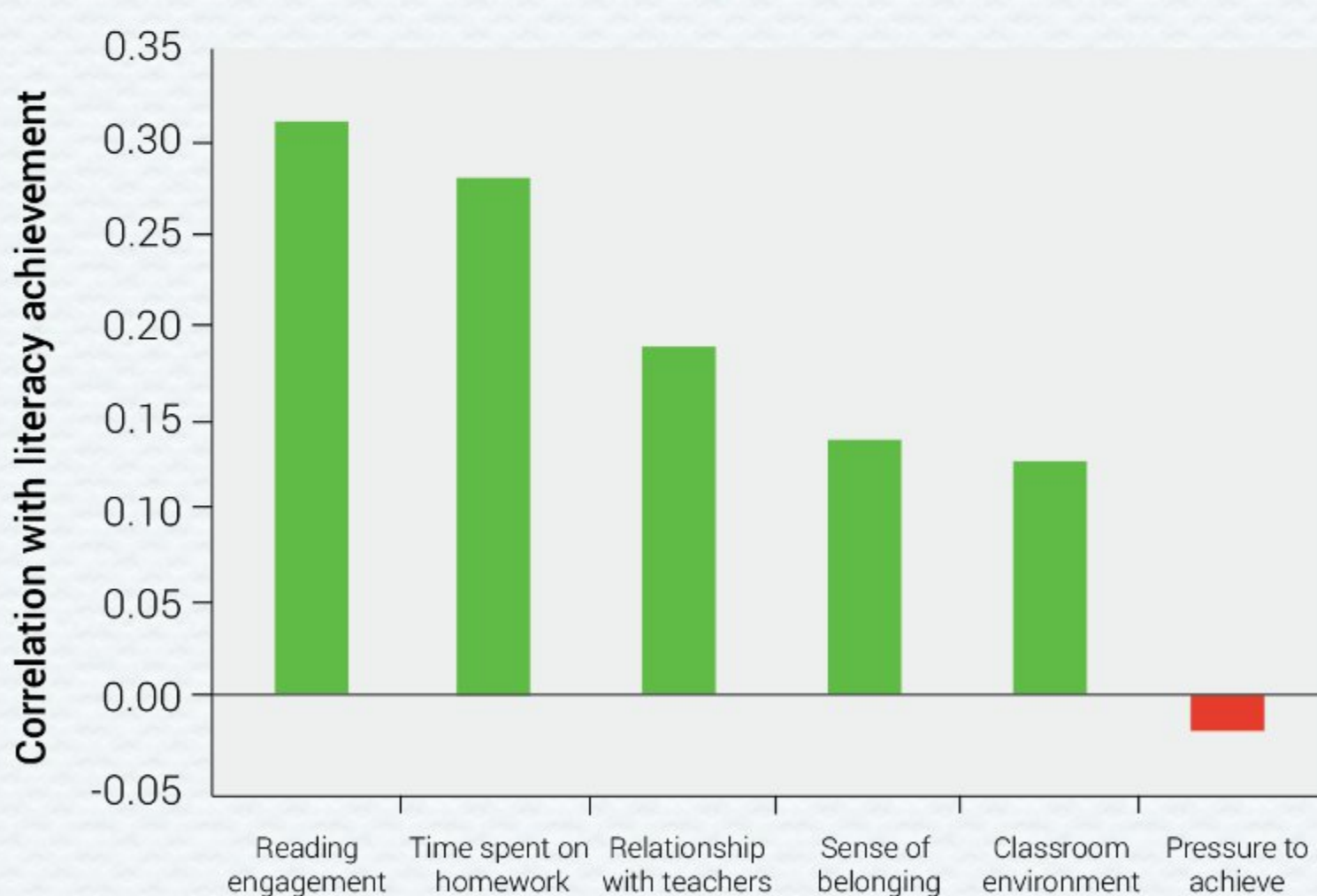
Decreased Stress ³



More frequent reading correlates with higher reading scores ⁸



Reading engagement is highly correlated with literacy achievement ⁷



Flipping the pages of a physical book increases understanding of what is being read. ⁴

Resources

1. A novel look at how stories may change the brain. Carol Clark. <http://esciencecommons.blogspot.com/2013/12/a-novel-look-at-how-stories-may-change.html>. 17 December 2013.
2. The PLOS ONE Staff (2015) Correction: Simultaneously Uncovering the Patterns of Brain Regions Involved in Different Story Reading Subprocesses. PLOS ONE 10(3): e0123148. <https://doi.org/10.1371/journal.pone.0123148> 26 March 2015.
3. Reading 'can help reduce stress.' Telegraph News. <https://www.telegraph.co.uk/news/health/news/5070874/Reading-can-help-reduce-stress.html> 30 Mar 2009.
4. Why the Smart Reading Device of the Future May Be ... Paper. Brandon Kiem. Wired. <https://www.wired.com/2014/05/reading-on-screen-versus-paper/>. 1 May 2014.
5. How Reading for Pleasure Helps Students Develop Academically. Monica Fuglei. Concordia University Blog. <https://education.cu-portland.edu/blog/classroom-resources/how-reading-for-pleasure-helps-students-develop-academically/>. 31 October 2013.
6. Kirsch, I., de Jong, J., Lafontaine, D., McQueen, J., Mendelovits, J., & Monseur, C. (2002). *Reading for change: Performance and engagement across countries: Results from PISA 2000*. Paris, France: [Organization for Economic Co-operation and Development \(OECD\)](http://www.oecd.org/).
7. [National Center for Education Statistics](http://nces.ed.gov/ipeds/data/nrca/). (2013). *The nation's report card: Trends in academic progress 2012 (NCES 2013 456)*. Washington, DC: U.S. Department of Education [Institute of Education Sciences](http://nces.ed.gov/ipeds/data/nrca/).
8. [National Center for Education Statistics](http://nces.ed.gov/ipeds/data/nrca/). (2013). Table 221.30: Average National Assessment of Educational Progress (NAEP) reading scale score and percentage distribution of students, by age, amount of reading for school and for fun, and time spent on homework and watching TV/video: Selected years, 1984 through 2012. *Digest of Education Statistics*. Washington, DC: U.S. Department of Education [Institute of Education Sciences](http://nces.ed.gov/ipeds/data/nrca/). Retrieved from: https://nces.ed.gov/programs/digest/d15/tables/dt15_221.30.asp