

EFFECTIVE WAYS TO IMPROVE READING SKILLS

Yuldasheva Shahzoda Shoyadbek qizi

Andijan State Institute of Foreign Languages, student .

Email: shahzoday835@gmail.com.

Annotation. This article explores the development of reading skills, emphasizing the importance of acquiring knowledge, broadening perspectives, and fostering personal growth among readers. Additionally, it discusses various effective reading strategies that can benefit a wide range of readers

Keywords. reading , readers ,goals ,motivation, habit, note-taking, comprehension, planning.

Creating a purposeful reading plan.

To make reading goal-oriented, one must first set clear objectives. A reader should be able to comprehend the material, critically reflect on the content, and ultimately derive a personal conclusion by the end of the book. Once a goal is established, it is essential to remain committed and strive to achieve it.

How to set effective goals for reading?

When setting goals for reading, it is crucial to create clear, measurable, and realistic objectives. A reader, for instance, can decide to read a specific number of pages daily—such as 15 to 20 pages—or dedicate a set amount of time, like 20 to 30 minutes per day.

This method of goal-setting ensures consistency while maintaining focus and motivation. By choosing either a time-based or page-based approach, readers can manage their progress effectively, balancing their reading habits with other daily responsibilities. Over time, these small, achievable targets lead to substantial learning and steady personal development.

Choose interesting Topics

Reading information on topics that spark genuine interest makes the reading process far more engaging. This approach not only enhances enjoyment but also

fosters a deeper connection with the material. Moreover, creating a quiet, calm, well-lit, and comfortable environment is essential for effective reading. It is important to eliminate distractions such as (phones, computers,) or other interruptions. A conducive space not only enhances focus but also helps the reader better comprehend the material

There are several techniques to enhance reading efficiency. (1)

Skimming and scanning:These involve quickly reading through the text to grasp its main idea and understand the overall content in a brief manner.

Take notes : Taking notes while reading enhances comprehension and retention. It allows the reader to highlight key points and jot down essential information for future reference. When engaging with texts, it is essential to ask questions, play crossword puzzles, or reflect on key concepts to deepen understanding and enhance cognitive engagement.(2)

Turning Reading into a Habit:

To make reading a consistent practice, start with small steps by dedicating at least 10-15 minutes each day to reading. Gradually increase this time as the habit strengthens. Consistency not only improves reading speed but also enhances overall engagement with the material.

If there is no time for reading physical books, audiobooks serve as an excellent alternative. Take advantage of moments during exercise, household chores, or outdoor walks to listen and continue acquiring knowledge seamlessly.

Tracking reading progress

Monitoring reading outcomes is equally important. Keeping a record of completed books allows readers to reflect on their initial and final understanding, evaluate any personal growth, and ensure they have grasped the book's essence. Revisiting the lessons learned reinforces comprehension and motivates further reading. Additionally, rewarding oneself after finishing a book—be it with a personal treat or purchasing a new book—can elevate interest and sustain enthusiasm, making reading a continually engaging and fulfilling habit.

Conclusion: Reading is not only a means of gaining knowledge but also one of the most effective ways to make life more meaningful and enjoyable. Furthermore, developing reading skills requires time and dedication, yet it significantly broadens one's horizon, enhances critical thinking abilities, and enriches vocabulary.

References

1. James Clear : Atomic Habits book
2. @[https:// in.imdeed.com](https://in.imdeed.com)
3. <https://www.linkedin.com/pulse/ways-strategies-help-students-improve-reading-farah-najam?ysclid=m4spjiy77173665455>
4. <https://englishpluspodcast.com/effective-reading-strategies-tips-to-improve-your-reading-skills/>
5. <https://www.edulikes.com/7-ways-to-improve-reading-skills/>
6. https://www.researchgate.net/publication/303742915_How_Can_Students_Improve_Their_Reading_Comprehension_Skill