

TEN REASONS TO READ

1. It directly boosts your exam results (in *all* subjects)

A major study from the **Institute of Education (UCL)** found that students who read for pleasure regularly performed significantly better across all of their subjects than those who didn't. Reading has a bigger impact on your academic success than any other factor. Why? Because it builds a better, more efficient brain.

If you want to be more successful: READ



TEN REASONS TO READ

2. It massively expands your vocabulary

When you read, you come across words you just don't hear in everyday conversation, on YouTube, or in texts. You don't have to look all those new words up; you absorb them through context. This makes your own speaking and writing sound far more sophisticated, intelligent and persuasive – essential for essays, interviews, and for just winning an argument!

If you want to win the argument: READ



TEN REASONS TO READ

3. It makes you a better writer

By reading, you are constantly seeing how good writers build sentences, structure arguments, and use language effectively. You absorb good grammar and style without even noticing. As the author **Stephen King** famously said, "If you want to be a writer, you must do two things above all others: read a lot and write a lot."

If you want to be a better writer: READ



TEN REASONS TO READ

4. It builds empathy

When you read a story, you step inside someone else's head. You see the world from their perspective, whether it's a character from a different country, time period, or background. Research has shown that reading fiction improves your ability to understand that other people have thoughts and feelings different from your own. In a complicated world, that's a superpower.

If you want to be a better friend: READ



TEN REASONS TO READ

5. It improves your focus

We live in a world of constant pings, notifications, and 15-second videos. Our attention spans are shrinking. **Reading a book is like taking your brain to the gym.** It forces you to *concentrate* and follow a single thread for a long period. This skill, sustained focus, is absolutely essential for effective revision and performing well in exams.

If you want to be successful: READ



TEN REASONS TO READ

6. It is a powerful stress reducer

Feeling wound up by school, social media, or family? Pick up a book. A 2009 study from the University of Sussex found that reading for just **six minutes** can reduce stress levels by up to **68%**. It was found to be more effective and faster-working than listening to music or going for a walk. It's a form of escapism that actually calms your nervous system.

If you want to be happy: READ



TEN REASONS TO READ

7. It helps you sleep

Lots of people stare at their phone screen before bed, but this is one of the worst things you can do for your sleep. The blue light tells your brain it's still daytime. Swapping your phone for a physical book for 20 minutes before you turn out the light is a **game-changer**. It relaxes your mind and signals to your body that it's time to rest.

If you want to be healthy: READ



TEN REASONS TO READ

8. It improves your imagination and creativity

When you watch a film, someone else has decided what the characters and settings look like. When you read, *you* are the director. Your imagination creates the world, the faces, and the voices. **It's a much more active and creative experience.** As such, reading helps you develop your creativity and imagination. The world becomes a more interesting place!

If you want to be more creative: READ



TEN REASONS TO READ

9. It makes you funnier (and you'll get more jokes)

If you want to be the person in the group with the quick comeback, or the one who actually *gets* the clever, subtle joke in a film or TV show when everyone else is struggling, then reading is your training. A massive amount of comedy is built on references. **If you don't read, those jokes sail straight over your head.** Read widely, and you'll be in on the joke.

If you want to be funnier: READ



TEN REASONS TO READ

10. It can actually make you more attractive!

Research from dating sites show that users who listed reading as an interest on their profile received **19% more messages** than those who didn't. Why? Because reading signals things about you. It suggests you're intellectually curious, you're empathetic, and you're not superficial. In a world of swipes and quick judgments, being a reader makes you stand out. **Intelligence is attractive.** Empathy is attractive. Being an interesting person is attractive. Reading builds all three.

If you want to be more attractive: READ

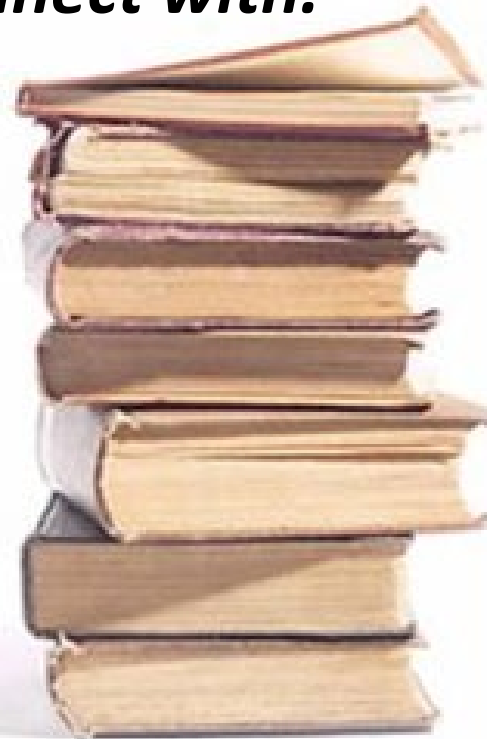


Something to think about...

Over the last few days, students across the school have been talking about books, and have contributed to our World Book Day World Cup discussions. Other students haven't had much to say. **Reading brings each of us to the conversation.** *The more we read, the more people we get to connect with.*

Reading, in that respect, is like music or sport or cinema. **What we share brings us together.** What we have enjoyed (and even what we have hated) gives us something to talk about. When we meet new people, we get to know them by instinctively asking them questions about what they like doing, watching or listening.

Reading is often part of that conversation.



Something else to think about...

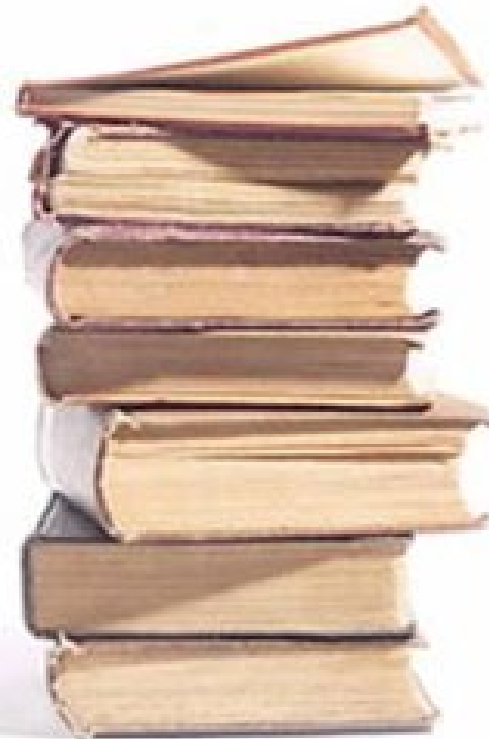
As a school, we know that when teachers mention books that they think students might enjoy, students aren't always likely to follow those recommendations (*even when the books are amazing*). When a student is recommended a book by a friend though, they are much more likely to give that book a try.

There are two conclusions to draw from this:

First. **If there are books you have enjoyed, tell your friends.**

Tell them about the story and about what makes the book amazing. *Encourage them to read it themselves.*

Second, and most importantly. **If a friend tells you about an amazing book that they've read, make every effort to read it yourself. *Your friendship will be stronger for it.***



***Please remember all the benefits
of reading!***

**Look for opportunities to read,
and think about how reading can
be part of becoming the best
possible version of yourself!**

Thank you Readers!