

The Hidden Benefits of Reading

STATISTICS!!! (Yay, statistics!)

- 15 minutes of independent reading a day can expose a child to over a million words a year.
- Over 50% of NASA employees are dyslexic.
- For every \$1 invested in early literacy programs, the return to the public is approximately \$7.16.
- For 80% of children, simply having access to books at home will lead to independent reading by school age.

KNOWN BENEFITS OF READING:

* Logical thinking * Vocabulary * Academic performance * Parental bonds

HIDDEN BENEFITS OF READING:

BRAIN

1. Reading connects neural pathways to the brain (2013 Emory Univ, <http://www.slj.com/2013/12/research/reading-a-novel-changes-the-brain-study-shows/>)
2. The “rich get richer” reading phenomenon (2001 UC-Berkeley http://www.csun.edu/~krowlands/Content/Academic_Resources/Reading/Useful%20Articles/Cunningham-What%20Reading%20Does%20for%20the%20Mind.pdf)
3. Alzheimer’s Disease prevention (2012 National Academy of Sciences, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3747737/>)

EMOTIONS

1. Personality Impacts (2009 Canadian Research, <http://www.sscnet.ucla.edu/polisci/faculty/chwe/austen/oatley2011.pdf>)
2. Increases Empathy (2014 Journal of Applied Social Psychology <http://onlinelibrary.wiley.com/doi/10.1111/jasp.12279/abstract>)
3. Fear Management (Queen Maud Univ, <http://www.epjournal.net/articles/children’s-risky-play-from-an-evolutionary-perspective-the-anti-phobic-effects-of-thrilling-experiences/>)

PHYSICAL HEALTH

1. Decrease in Stress (2009, Univ of Sussex, <http://www.telegraph.co.uk/news/health/news/5070874/Reading-can-help-reduce-stress.html>)

2. Sleep Benefits (2013, Mayo Clinic, <http://www.sciencedaily.com/releases/2013/06/130603163610.htm> and National Sleep Foundation, <http://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>)

3. Perceived Health (2014 Dufferin Research, <https://www.dufferinresearch.com/index.php/news/153-more-scientific-evidence-that-reading-is-good-for-you>)

PERSONAL BENEFITS

1. Better Goal-Setting (2012, Ohio State Univ, <http://researchnews.osu.edu/archive/exptaking.htm>)

2. A Positive Self-Esteem Cycle (2011, Univ of Central Missouri, http://centralspace.ucmo.edu/xmlui/bitstream/handle/10768/103/LHisken_LibraryScience.pdf?sequence=1)

3. Behavior Changes (2012, Ohio State Univ, <http://researchnews.osu.edu/archive/exptaking.htm>)

OTHER SOURCES FOR FURTHER RESEARCH (Because I Know You'll Want To!)

1. Mental Health Benefits of Writing (2014, Univ of Texas-Austin, <http://www.utexas.edu/features/archive/2005/writing.html>)

2. Print Readers Have Better Recall than Kindle Readers (2014, Stavanger Univ, <http://www.theguardian.com/books/2014/aug/19/readers-absorb-less-kindles-paper-study-plot-ereader-digitisation>)

3. Literary Books Improves "Mind-Reading" Abilities (2013, New School in NYC, <http://www.sciencemag.org/content/342/6156/377.abstract>)

4. Reading Slows Mental Decline (2013, Rush Univ Medical Center, <http://www.neurology.org/content/81/4/314>)

5. Reading (self-help books) Reduces Depression (2013, Univ of Glasgow, <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0052735>)

6. Reading to pre-school age children boosts long term reading skills (2015, American Academy of Pediatrics, <http://www.sciencedaily.com/releases/2015/04/150425215617.htm>)

7. Students Allowed to Choose Their Own Reading Books Have Higher Literacy Outcomes (2013, University of Rochester, <https://www.washingtonpost.com/posteverything/wp/2015/05/27/why-we-should-let-kids-choose-their-own-summer-reading-books/>)

8. Music Education Boosts Reading Skills (2009, Long Island Univ, <http://www.sciencedaily.com/releases/2009/03/090316075843.htm>)