



Enhancing comprehension: proven techniques for retaining what you read

Mohinur NORMUHAMMEDOVA¹

Navoi University of Innovations

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ABSTRACT

This article provides a comprehensive guide for enhancing reading comprehension, an essential skill for both everyday life and academic success. It explores the definition and importance of reading comprehension, common challenges readers face, and various techniques to improve understanding and retention. The article offers practical strategies such as summarizing key ideas, annotating texts, and activating prior knowledge. It is divided into three sections: pre-reading, while-reading, and post-reading. Additionally, it highlights useful resources and tools, including instructional programs and digital aids, while emphasizing the importance of consistent reading practice. This guide is highly beneficial for anyone looking to improve their comprehension skills and make reading more enjoyable and productive.

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Tushunishni kuchaytirish: o'qiganingizni saqlab qolishning isbotlangan usullari

ANNOTATSIYA

Kalit so'zlar:

O'qishni tushunish,
kognitiv ko'nikmalar,
o'qishdan oldin
strategiyalar,
o'qish davomida
strategiyalar,

Ushbu maqola kundalik hayotda ham, ta'lim jarayonida ham o'qishni tushunish qobiliyatini yaxshilash bo'yicha keng qamrovli qo'llanmani taqdim etadi. Maqola o'qishni tushunishning ma'nosi va ahamiyatini, o'quvchilar duch keladigan umumiy muammolarni, tushunish va xotirani yaxshilashning turli usullarini qamrab oladi. Maqolada muhim

¹ Navoi University of Innovations. E-mail: mohinurnormuhammedova98@gmail.com

o'qishdan keyingi
strategiyalar,
mavhum, vizualizatsiya,
metakognitsiya,
ta'lim vositalari,
o'qish odatlari,
savodxonlikni rivojlantirish,
so'zni qayta ishlash,
bilimlarni saqlash,
ta'lim,
ilmiy ish.

g'oyalarni umumlashtirish, kitoblarga izoh berish va o'tmishdagi bilimlarni faollashtirish kabi foydali usullar mavjud. Maqola uchta bo'limdan iborat: "O'qishdan oldin", "O'qish paytida" va "O'qishdan keyin". Kitob, shuningdek, o'quv qo'llanmalari va raqamli yordamchilar kabi foydali manbalar va vositalarni ta'kidlaydi va izchil o'qish amaliyotining muhimligini izohlab beradi. Ushbu maqola tushunish qobiliyatini yaxshilashni va o'qishni yanada qiziqarli va samaraliroq qilishni istagan har bir kishi uchun foydali bo'ladi.

Улучшение понимания: проверенные техники запоминания прочитанного

Ключевые слова:

понимание прочитанного,
когнитивные навыки,
стратегии до чтения,
стратегии во время
чтения,
стратегии после чтения,
аннотация,
визуализация,
метакогниция,
образовательные
инструменты,
привычки чтения,
развитие грамотности,
обработка текста,
сохранение знаний,
образовательные,
научные исследования.

АННОТАЦИЯ

В статье представлено комплексное руководство по улучшению навыков понимания прочитанного – способности, необходимой как в повседневной жизни, так и в учебе. Рассматриваются значение и смысл понимания прочитанного, типичные трудности, с которыми сталкиваются читатели, а также различные методы повышения эффективности восприятия и запоминания информации. В статье подробно описаны полезные приемы, такие как резюмирование ключевых идей, аннотирование текстов и использование предыдущих знаний для более глубокого восприятия материала. Структура статьи включает три раздела: «Перед чтением», «Во время чтения» и «После чтения», что позволяет читателю поэтапно осваивать практические рекомендации. Также рассматриваются полезные ресурсы и инструменты, включая обучающие программы и цифровых помощников, подчеркивается важность регулярной практики чтения для достижения устойчивых результатов. Это руководство станет полезным для всех, кто стремится улучшить свои навыки чтения, сделать этот процесс более увлекательным и продуктивным.

INTRODUCTION

The ability to comprehend a text, decipher its content, and efficiently digest it is known as reading comprehension. It is an essential ability that affects all facets of learning, from simple reading comprehension to challenging problem-solving. Reading comprehension goes beyond only being able to recognize words; it also includes being able to analyze, assess, and critically engage with written content. This complex cognitive process combines lower-level abilities like vocabulary recognition and decoding with higher-level cognitive processes like drawing conclusions and conducting critical analyses.

Even though comprehension of what they read is crucial, a lot of people have trouble with it, which can have an impact on their academic achievement and general interest in books. These challenges are caused by several things, such as a small vocabulary,

inadequate prior knowledge, and poor reading techniques. This article examines techniques to improve reading comprehension, emphasizing tactics to make reading more enjoyable and increase understanding. Through the analysis of strategies that work for pre-reading, while-reading, and post-reading, readers can improve their methods of interaction with texts. These techniques are designed to help readers become ready, stay focused while reading, and then review their understanding afterward, all of which contribute to a deeper and more enjoyable reading experience. Gaining knowledge of and using these techniques can greatly increase one's capacity to understand and navigate complicated materials, improving academic performance as well as personal.

1. Basic components of reading comprehension:

Decoding: Decoding is the process of converting written symbols, such as words and letters, into their spoken equivalents. Words and phrases can be recognized by readers thanks to this fundamental ability.

Vocabulary: It's important to understand word meanings. A large vocabulary facilitates better text comprehension and interpretation for readers.

Fluency: It's important to understand word meanings. A large vocabulary facilitates better text comprehension and interpretation for readers.

Background Knowledge: Readers are better able to make sense of new material and connect it to what they already know when they have a clear understanding of the context and previous knowledge of the subject.

Inference: The ability to deduce meaning from context. Skilled readers can infer conclusions logically based on

Monitoring and Repair: The capacity to identify instances in which comprehension falters and to apply remedial techniques, such going over material again or asking questions, to restore knowledge.

Synthesis and Integration: Putting information from different passages in one or more texts together to create a coherent understanding.

In the field of education, academic success is largely dependent on having strong reading comprehension abilities. Accurate interpretation and synthesis of information are necessary to comprehend textbooks, research articles, and exam questions.

Critical Thinking: Understanding involves more than just word comprehension; it also entails grasping concepts, dissecting arguments, and assessing the evidence. The development of critical thinking and problem-solving skills requires certain competencies.

Learning Across Subjects: Understanding texts is essential to understanding concepts and participating meaningfully with the material in any subject, including science, history, literature, and mathematics.

Language Development: By increasing vocabulary and honing language skills, reading comprehension helps to write and communicate more effectively.

In Daily Life: Information Processing: Having strong comprehension abilities guarantees that we can efficiently process and act upon the information we come across every day, whether it be from reading product instructions, comprehending news stories, or accessing web content.

Making Decisions: The ability to effectively comprehend written material is essential for making informed decisions, whether one is following a recipe, deciphering a medical prescription, or comprehending a legal document.

Communication: Being able to comprehend written correspondence, emails, and texts improves our capacity for efficient communication, which in turn builds stronger bonds and minimizes miscommunication.

Personal Development: Understanding what you read might also help you become a better person. Reading a variety of literature, including poetry, non-fiction, and fiction, can entertain, extend viewpoints, and pique one's intellectual interest.

Reading comprehension can be difficult, and there are a number of obstacles that might make it difficult for someone to comprehend and process written content.

These are a few such challenges:

1. Vocabulary Limitations

Challenge: Understanding words might be hampered by a lack of knowledge or misunderstanding of their meanings.

Solution: Reading widely, utilizing context cues, and utilizing tools like flashcards or vocabulary lists can all assist develop a strong vocabulary.

2. Lack of Focus and Attention

Challenge: Being distracted or not paying enough attention can cause one to lose important information and comprehension.

Solution: Focus can be increased by clearing your environment of distractions and by using mindfulness exercises. Accurately understanding written material is essential for making educated decisions, whether one is following a recipe, deciphering a medical prescription, or analyzing a legal document.

3. Syntax and Structure Difficulties

Challenge: Readers may become confused by convoluted phrase structures or strange linguistic conventions.

Solution: Understanding can be improved by dissecting sentences into smaller sections and examining each one separately. It also helps to practice with different texts.

4. Limited Background Knowledge

Challenge: It can be challenging to understand new information if you don't know much about a subject beforehand.

Solution: Contextualization and comprehension can be enhanced by gaining background knowledge through pre-reading exercises or relevant research.

5. Inference

Challenge Difficulty: Deeper comprehension can be impeded by an inability to read between the lines or decipher implied meanings.

Solution: Reading aloud with inference in mind and having group discussions about texts can help improve inferential reasoning skills.

6. The Reading Speed

Challenge: Excessive or insufficient reading speed might impact understanding. Reading quickly could cause you to overlook important details while reading slowly could cause your comprehension to flow poorly.

Solution: Practice reading at a steady speed and use techniques like skimming for the essential ideas to aid with this.

7. Text Organization

Challenge: Poor comprehension might result from a lack of grasp of a text's primary ideas, supporting information, or logical flow.

Solution: Summarizing parts and recognizing text structures (such as cause and effect, problem and solution) might help with understanding organization.

8. Cognitive Overload

Challenge: Readers who process information too quickly may become overwhelmed and find it more difficult to retain and comprehend the material.

Solution: You can lessen cognitive overload by concentrating on one idea at a time and breaking knowledge down into digestible portions.

9. Emotional or Psychological Barriers

Challenge: Reading comprehension can be impacted by stress, anxiety, or a lack of drive.

Solution: Improving comprehension can be achieved by addressing emotional and psychological aspects with tactics like goal-setting, relaxing techniques, and fostering a pleasant reading atmosphere.

10. Learning Disabilities

Challenge: Dyslexic disorders can make reading and comprehension extremely difficult.

Solution: People with learning difficulties can benefit from specialized educational methods, resources, and accommodations.

It's common for overcoming these obstacles to call for a mix of individualized tactics. Effective use of resources, encouragement from teachers or peers, and consistent practice can all greatly improve reading comprehension.

Pre-reading, while-reading, and post-reading strategies are critical to effective reading comprehension because they set readers up for success, encourage active engagement, and reinforce previously learned content. All of these strategies work together to improve comprehension, retention, and critical engagement with the text. This sentence establishes the framework for examining how pre-reading, while-reading, and post-reading contribute to a thorough comprehension of texts and enhance reading skills in general.

Strategies for Pre-Reading

In order to activate prior knowledge, talk about how important it is to connect new information to what is already known.

- Methods such as Know, Want to Know, Learned (KWL) charts.
- Examining the Text in Advance:
- Getting a quick overview by skimming headings, titles, and summaries.
- Having a reading goal in mind.
- Posing questions: Developing inquiries in light of headings and subheadings.
- Promoting interest and participation.

Techniques for While-Reading

Annotating the text involves underlining important details, adding notes in the margins, and summarizing certain passages.

- Marking significant information with symbols and shorthand.

Visualizing entails forming mental pictures of the situations or ideas that are being spoken.

- How understanding and memory are improved by visuals.
- Self-assessment questions to ensure understanding is being done frequently.
- Rereading challenging passages and paragraph summaries.

Post-reading Techniques

- Summarizing: Methods for distilling a text's core concepts into a succinct synopsis.
- The advantages of summarizing for enhancing comprehension.

Talking and Sharing:

- Holding talks about the text with other people.
- The benefits of using others' explanations of concepts to confirm one's own knowledge.

Applying the Knowledge: Making connections between the text and other academic subjects or real-world scenarios.

- Promoting better understanding and critical thinking.

Resources and Tools

- Electronic Instruments:
- Reading comprehension apps and software (e.g., digital highlighters, summarizing tools).

Instructional Initiatives:

- Courses and programs aimed at enhancing reading comprehension abilities.
- Textbooks and Reference Materials:

Suggested reads to enhance comprehension abilities further.

It Takes Practice to Become Perfect

Consistent Reading Habits:

- The value of constant practice in enhancing reading abilities.
- Advice on how to make reading a part of everyday life.

Diverse Reading Materials: To increase comprehension, reading a range of genres and formats is encouraged.

- How reading in a variety of styles improves comprehension abilities.

Gaining better reading comprehension takes time, effort, and the appropriate techniques. By using these strategies, readers can improve their comprehension and memory of material, which will make reading a more rewarding and useful activity. More chances and information arise as one's comprehension skills are improved, whether for academic or personal development.

This plan offers a methodical way to write a detailed piece about enhancing reading comprehension. Each part can be expanded upon in accordance with the desired.

CONCLUSION

Improving reading comprehension is essential for academic and personal success. This article has outlined various strategies that can be employed before, during, and after reading to enhance understanding and retention of textual information. Future research should continue to explore the effectiveness of these strategies across different contexts and populations. Educators and learners are encouraged to implement these techniques to foster a deeper engagement with texts and improve overall reading proficiency.

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