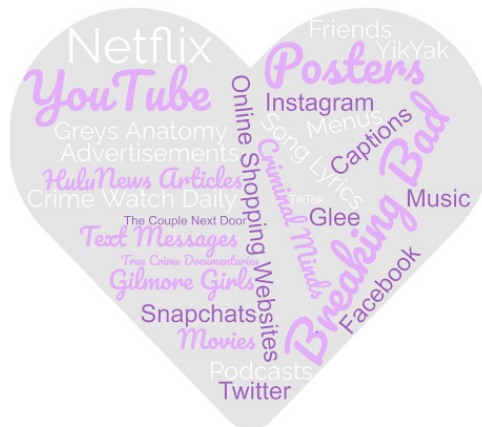




## “I’m Not Lazy, I’m Reading”: Putting an End to A Text Only Definition of Reading

1. Reading is meant to enhance the brain and make you think more in depth and intelligently. I believe the purpose of reading is to consume information on a subject whether it be for leisure or academically. This purpose can be met through more than just texts and symbols, like YouTube videos for instance. Although they do not fit into the traditional definition of reading, videos are a form of reading because you are enhancing your knowledge by collecting information, just as you would in reading words on a piece of paper. Videos, images and other forms of media essentially serve the same purpose. Therefore, words on a paper should not be considered the only form of reading because whether you are reading text on a page, listening to someone speak, or watching a video, the same information can be conveyed just as easily. In the modern world, there are thousands of ways to send a message or convey information other than putting words on paper, like podcasts for example, making a “text only” definition of “reading” inaccurate.



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2. Prior to college, I had very little down time and freedom to choose how I spent my time outside of my academics. As a college student, I have found that I have more independence because I do not spend nearly as much time in a classroom. With that comes responsibility and time management. Now more than ever I have to hold myself accountable for work outside of the classroom and avoid



falling into unhealthy habits of binge watching my favorite television series and scrolling endlessly through social media. The coursework, however, is much heavier and it feels as though most of my days are consumed primarily with assigned reading. Despite this tough adjustment, I am now able to study subjects that intrigue me and I do not feel that I am doing as much busy work

as I was before. On paper, my recreational reading list far outweighs my academic reading list, however oftentimes my assigned readings blend together with my recreational readings, making it feel like I am reading educationally just as much as I am recreationally. Nevertheless, I do have days where it feels as though my mind is consumed with nothing other than emails, discussion boards, textbooks, powerpoints, handouts, and the list goes on. Much of the gap between how I feel and the quantitative hours spent physically reading is in part due to not noticing how much recreational reading I am actually doing. Objectively speaking, I spend more hours recreationally reading, but much of that time I am thinking about the assigned reading I have left to do. When it comes down to it, I feel that I have found a healthy balance between spending time on my academic readings and voluntary readings.

3. I find the most enjoyment when watching TV shows and true crime documentaries on Netflix. Consuming these forms of reading allow me to escape the stresses of everyday life. The TV shows I watch on Netflix are largely fiction, however I do love watching documentaries, which are nonfiction. When it comes to my favorite television series, they range drastically in subject matter. To name a few, my favorite series include: "Gilmore Girls", "Criminal Minds", "Breaking Bad", "Glee", "Grey's Anatomy", and "Friends". As for crime documentaries, I tend to watch just about any documentary that shows up on my recommended list on Netflix or my explore page on YouTube. These two forms of recreational reading make everything that would

normally be racing my mind pause for a moment and allow me to escape life, so to speak. When watching true crime documentaries, I become encapsulated by the details and immediately, everything that had been on my mind goes away. When watching television series on Netflix, I get a similar feeling although instead of being so invested in the details, I feel relaxed, cozy, and comforted.

4. Of all the places I spend time reading, my favorite place to read is definitely my futon in my dorm. Although I do enjoy reading in my bed, outside, and in coffee shops, reading on my futon in my dorm makes me feel most at home, with the twinkly lights above and cozy throw pillows.



5. Between T.V. shows and crime documentaries, it is hard to choose which I favor more, but at the moment I would say T.V. shows. Currently, I am watching “Grey’s Anatomy” on Netflix. This series, written and produced by Shonda Rhimes, blends together the fascinating work life of surgeons and doctors, as well as their messy love and home lives. The show is named after the main character, Meredith Grey, who is the daughter of a renowned surgeon. Meredith’s character narrates both the beginnings and endings of each episode. Throughout each episode, the characters of the show take on extremely thrilling, and sometimes heart wrenching situations as they devote their time to save lives. “Grey’s Anatomy” has elements of thrill and unpredictability that are encapsulating, in addition to heartwarming moments that keep the show personable. Although this series is primarily meant for entertainment purposes, there are many educational elements that make watching worthwhile. Overall, “Grey’s Anatomy” has components of thrill, sentiment, and personable experiences that keep me coming back for more.
6. One particularly interesting storyline in an episode I recently watched titled “Deterioration of the Fight or Flight Response” depicts the unimaginable circumstances of losing a loved one. In this episode, one of the main characters, Dr. Izzy Stevens struggles as she watches her significant other, Denny, die of heart failure. Taking matters into her own hands, she sets out to worsen Denny’s condition to boost his spot

on the organ donor list. Although unethical, she follows through with this decision because she cannot bear to witness Denny die knowing she could have done more. Throughout this episode, Izzy lets her emotions consume her, emphasizing the hardest part of being a doctor, which is detaching yourself from your patients.

7. When looking at "Grey's Anatomy" from a broader perspective, there is much of the script and storyline that suggests a deeper psychological explanation. If you observe the show from the contextual lens psychology, each character's decisions become much more understandable to the viewer. There are many elements to a person that shape their psychology, including childhood, relationships, and past trauma. As the show progresses, each character's backgrounds are unraveled leaving the audience with a clearer understanding of some of the irrational choices those characters made. Because this particular series is based on the lives of interns, residents, and attendings working long hours in the medical field, it is no surprise that many of these character's morals and ethics affect how they care for patients. In order to appeal to the audience and keep people watching, oftentimes the psychology of each character has a lot of influence on how the writers of the show choose to develop their narrative.
8. The research source I found is an article published in the Journal of Pharmacy and Bioallied Sciences. The article is titled "Medical Ethics", published in 2016, and was written by Aji Markose, Ramech Krishnan, and Maya Ramesh. This article outlines the expectations of doctors and their relationships with their patients. For those who choose to pursue a career in the medical field, you must take an oath to follow the law, respect the morals of others, and uphold ethics throughout your practice. The article is broken down into subgroups describing and elaborating on each of these aspects, the "dos" and the "don'ts", of the profession. One particularly noted point is the importance that every medical professional maintains confidentiality of their patients. In doing so, all physicians are required by law to be transparent with their patients about diagnoses and any other information that they may have about their condition. The obligations of medical professionals outlined in this article ensure that each patient is treated fairly, even if they do not have the same personal morals, code of ethics, or beliefs.
9. It is widely known that the ethics of medicine has evolved over the years. However, I was not aware as to what extent the law influenced medical decisions prior to reading this article. One interesting fact I learned from reading this article was that there are two different types of consent: implied consent and informed consent. While it seems that

the two are common sense, I had never considered the idea that I am giving consent to be treated to an extent just by scheduling an appointment to be seen by a doctor. Much of what this article outlines is just that. Simply put, I have never considered much of what medical professionals are legally promising to do in order to treat each patient equally because I have never had to consider those things.

10. As you can imagine, advancements in medicine introduce many new regulations in the practice itself. Consequently, the ethics of medicine is always changing and trying to fit the needs of every patient despite their background. Although “Grey’s Anatomy” is a show and much of what occurs in the show would never be tolerated in real life medicine, it makes me wonder how medical professionals in the real world handle situations with patients who do not share the same beliefs and morals as they do. For example, one of the characters in “Grey’s Anatomy”, Izzy, does not have many of the advantages the other characters in the show have because she grew up in a household with a low income and absent parents. As the show continues, the viewers learn that she had to work much harder to get to the same level as the other doctors because she did not have the support of her family and friends. In comparison to the other characters in the show, she is much more outwardly compassionate with her patients and has a hard time not internalizing the hard parts of her job. Izzy’s emotional attachment is very evident in the episode mentioned before when she unlawfully worsened her fiance’s heart condition in order for him to have a heart transplant. This leads me to believe that much of her character is a reflection of her childhood and early developing years.
11. Understanding the differences between personal and professional life is very difficult, but important nonetheless. Making these connections between the characters of a show and considering that these are very real possibilities in the real world allows me to connect my recreational readings and assigned readings better and from a new perspective. “Grey’s Anatomy” is a series meant to entertain and does not reflect much of what it truly is like working in the medical field, while the article “Medical Ethics” is meant to inform those in and out of the medical field about the ethics surrounding medical practice. Despite the two differing in terms of one being fictional and the other nonfictional, there is much that overlaps. While “Grey’s Anatomy” is not accurate and many of the storylines are completely made up, it allows me to further understand why it is so important that medical professionals do have a conduct and a set of ethics to uphold. “Grey’s Anatomy” makes it very apparent that it is extremely easy to let personal experiences affect the way we handle real life situations, but

more importantly, it emphasizes why things like Hipaa exist.

12. Connecting recreational readings to academic readings gives insight into why certain decisions are made and why many regulations exist. The relationship between academic and recreational readings sparks my interest in trying to connect the two more often. All things considered, recreational readings and assigned readings, although they may be intended for different audiences and have different purposes, are parallel in many ways.

### References

Markose A, et al. "Medical Ethics." Journal of Pharmacy & Bioallied Sciences, vol. 8, 2016, p. 4.

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