

Rishita's World of Reading: An essay of how our reading qualities impact our experience while reading

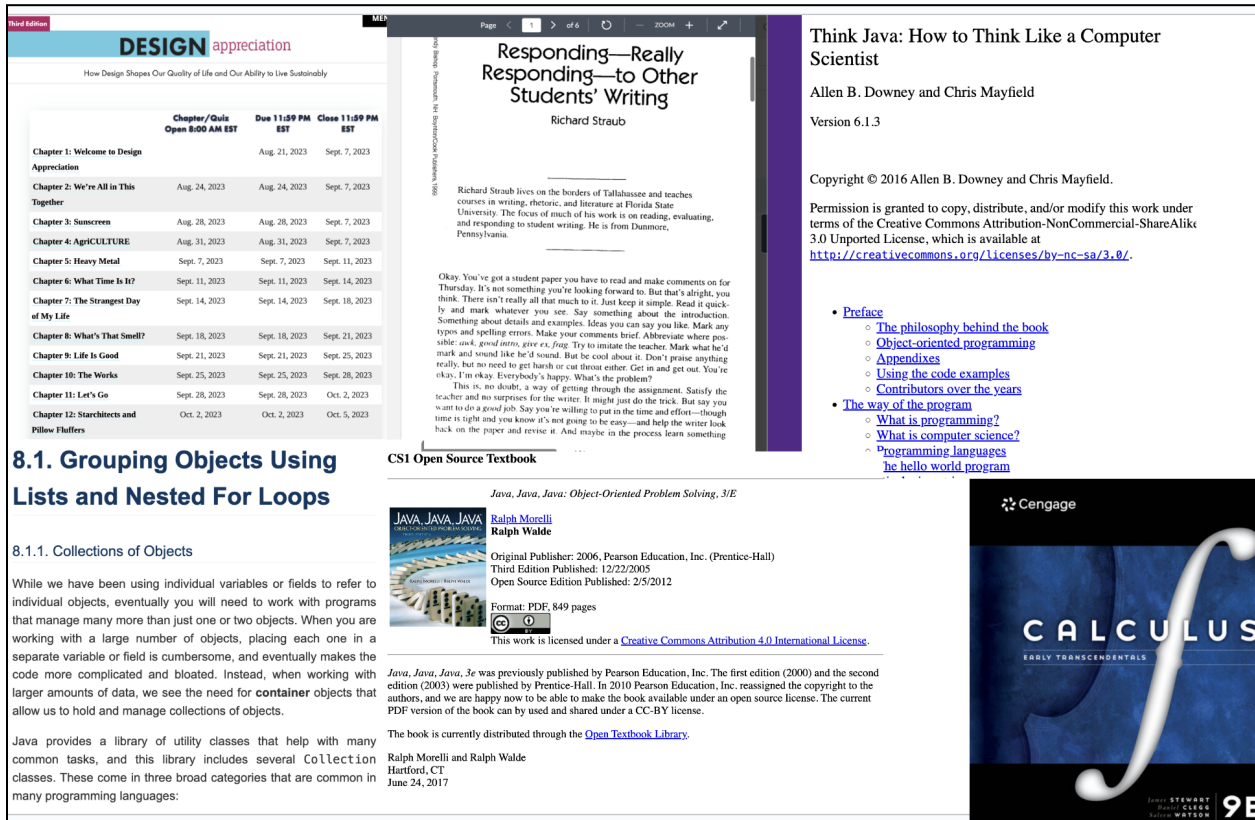


Figure 1: This figure depicts a collage of my most visited academic and assigned readings. I have had several readings, but these are the ones that are a consistent part of my weekly reading.

When I read, I am fully transported into another world. Reading to me is how we take in words and process them. Whether it is a creative, informative, or educational text, the way we process the information we read differs. How we interact with a text ultimately depends on the materials we have on hand, the devices we use, our reading habits, and the overall scene and surroundings of our environment as we read. Reading to me is how all these factors work together to create an experience that takes you into the world of your text. For me, the way I read differs depending on what I read and where.

Account 1:

With noise-canceling headphones on and my "fall" playlist in the background, I head to Newman Library, taking the elevator to the fourth floor. Navigating through the studying students, I reach my preferred spot: the high tables. They're adorned with vibrant orange chairs and the lively chatter of college students. As I sit, the chair embraces me. My feet touch the legs of the chair, and I scoot back ready to embark on my reading journey for the day.

I work best when surrounded by people also working, which is why the high tables are my favorite spot. I prefer an edge seat and set up my workspace with precision. Unloading my materials, I position my computer in front, my iPad to the right, and snacks to the left. With everything arranged just right, it's time to focus.

Once my scene is set, I utilize my devices to aid in my reading, with my primary tool being the iPad. I download required texts and import them into the "Notability" app, which enables me to annotate PDFs and create notes. How I approach assigned readings varies by class. For instance, in first-year writing, the texts are essential for class discussions, so I load them onto my iPad and highlight key concepts to enhance my understanding. Whether it's a math textbook or assignment instructions, my materials such as my apple pencil allow me to complete my annotation process as I read a text.

I prefer reading at the high tables in Newman Library for most assignments, benefiting from the background chatter, my music, and the studious atmosphere. This environment helps

me stay awake, a challenge I often face while reading. My reading approach varies by subject. Math and English demand different comprehension methods. For math, I load the textbook on my MacBook, highlighting key concepts. Then, I rewrite these concepts in my iPad notes, ensuring a better understanding of the material.



Figure 2: On sight selfie of me reading on my iPad and laptop during a late night at Newman Library. This was last week when I was reading/annotating my calculus textbook.

I hope to become a more savvy and effective reader through growing my reading comprehension strategies for academic texts. I often get distracted and struggle to maintain the necessary focus for the task at hand. While annotation aids in retaining important details, methods like the pomodoro technique, with its strict timed reading sessions followed by breaks, may offer valuable support. Incorporating breaks into my reading process could help me stay energized and fully engaged with the text.

Account 2: Reading for Personal Enjoyment

While I often read for academic purposes, I've always cherished reading for personal enjoyment. There's no greater feeling than being fully immersed in a book. Reading for pleasure differs significantly from my academic reading routine. On pleasant days, I prefer being outdoors, ideally with warm air and a gentle breeze. I settle at a table, placing my iced caramel latte on it and donning my headphones. As I hit play, I'm instantly transported into the author's world, where metaphors and plot developments work together to sweep me away from my concerns into any world I desire. Regardless of whether it's a work of fiction or not, the right book can create a profound connection with the reader.

When I am reading for personal enjoyment, there are not many materials involved. For me, the essentials are a beverage, book, headphones, and a few snacks. These materials allow me to fully immerse myself in the book I am reading. However, the devices I use for personal readings depend on my circumstances and situation. I often use my nook. E-books are relatively cheaper and better for the environment. However, occasionally if I forget my nook, I will read on my iPad. I tend to avoid this as the primary reason I use the nook to read is that it is better for your vision as opposed to reading on an iPad or computer screen.

However, though I prefer my nook, nothing will ever compare to the satisfaction of reading a physical book. The smell of the pages invites you to keep reading. I can't begin to describe the satisfaction of flipping through each page of the book, with each flip bringing you deeper and deeper into another reality. The feeling of holding a book is unmatched. Visually seeing the progress you have made is motivating to continue your journey. Last summer I was

reading *One of us is Lying*, a thrilling murder mystery. I began by reading this book on my nook. However, I didn't feel satisfied. One day I got up into my car and drove to my local library. My face lit up as I found the book as I was ecstatic to continue my reading journey with a hard copy of the book. As soon as I got home I began reading, and the experience between the nook and physical copy were immensely different.

Slowly, I've begun to stray away from my nook and look for physical copies of books I desire to read in my local library. Over time, reading physical copies for personal reading has become a habit. This is unlike my habits for academic reading as I prefer digital texts that I can annotate on my iPad. Another habit while I read for enjoyment is what I like to call "sticky note-ing". As I tend to lend books from my local library, I have adopted the practice of placing sticky notes through the book and annotating them with my thoughts and epiphanies. This way, even when I must return the book, I am able to keep the notes I put in the book. This habit has become a way for me to further connect to a text. I organize my thoughts through various colors of sticky notes. For example, yellow suggests a connection, and blue represents a realization or question that the text provoked.

I hope to become a more effective reader and writer through my personal reading. Recently, I have allowed my schedule and laziness to distract me from my passion and habit of reading for enjoyment regularly. I now typically only read for enjoyment once or twice a month. I believe that continuing to read for enjoyment will bolster my vocabulary and in turn make me an even stronger reader. I hope to change my current habits to make more time to read as it is ana

activity that de-stresses me and helps me grow as both a student and a human. Literature is a key way to grow our perspectives and learn more.

Account 3: Reading in daily life - on our phones

Whether we realize it or not, we spend a great sum of our day reading on our phones. Oftentimes, the media we are consuming is entertaining, so we do not perceive it to fit our definition of “reading”, however, through the mass amount of media we consume a day, it is safe to say that we read a lot on our phones. I catch myself “doom-scrolling” at least twice a day. I am either in bed catching up on my daily dose of social media before I sleep, or simply procrastinating. Oftentimes, I expect myself to be on my phone for a few minutes, but the infinite continuation of media keeps me drawn in for extensive periods of time.



Doomscrolling Reminder Bot
@doomscroll_bot



hi. doomscrolling might feel good in the moment, but try to set time limits and avoid staying up late. there might be many more news updates, but you still deserve time to rest.

12:13 AM · Apr 6, 2023 · 11.2K Views



Figure 3: This social media post reminds users to stop their habit of doom-scrolling. This post emphasizes how doom-scrolling is becoming a common problem with the popularity of social media.

When reading on my phone, there are not any materials involved aside from my phone and the plethora of applications it contains. Each app is a pathway into a new story, trend, or discussion. For example: Tiktok. Many may not consider it reading, but by my definition of

reading - there is some reading involved as we interact with this social media. Most posts have lengthy captions or words on the video. As each video is of a short length, we are more inclined to scroll and watch more content. As we scroll, the amount of captions and videos we read continues to build. When individuals post slideshows with captions for each picture, this reading immerses us into the world or narrative that they are creating through their post and words. Another application I find myself reading on is Twitter. Oftentimes, when a post goes viral, its replies are flooded with nuanced takes and opinions. Occasionally I will fall into a rabbit hole of viewing these replies, reading for hours.

Unfortunately, I feel as though “doom-scrolling” has become a nightly habit for me. However, I do believe that we can learn a lot about our society and communities through reading through social media. Learning about other’s thoughts and opinions can help us expand our own and think about different perspectives. I hope to become a stronger and more effective reader by continuing my journey with reading on my personal device, however, I hope to become stronger with identifying bias in the views of others. I feel as though reading on your phone can sometimes bring you into rabbit-holes of information or simply loads of overwhelming opinions. I believe that a quality of a good reader is one who can actively engage in content, yet still point out bias and concern in their readings despite their personal views.