



Carry-over effects of reading

Arguments for an Early Start



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Introduction



- Before the evidence
 - Sense of security (geborgenheid, sikkerhet, tryghett)
- Changing demands on project evaluation
 - Past: Good intentions and weak research
 - Present: Accountability, rigorous methods

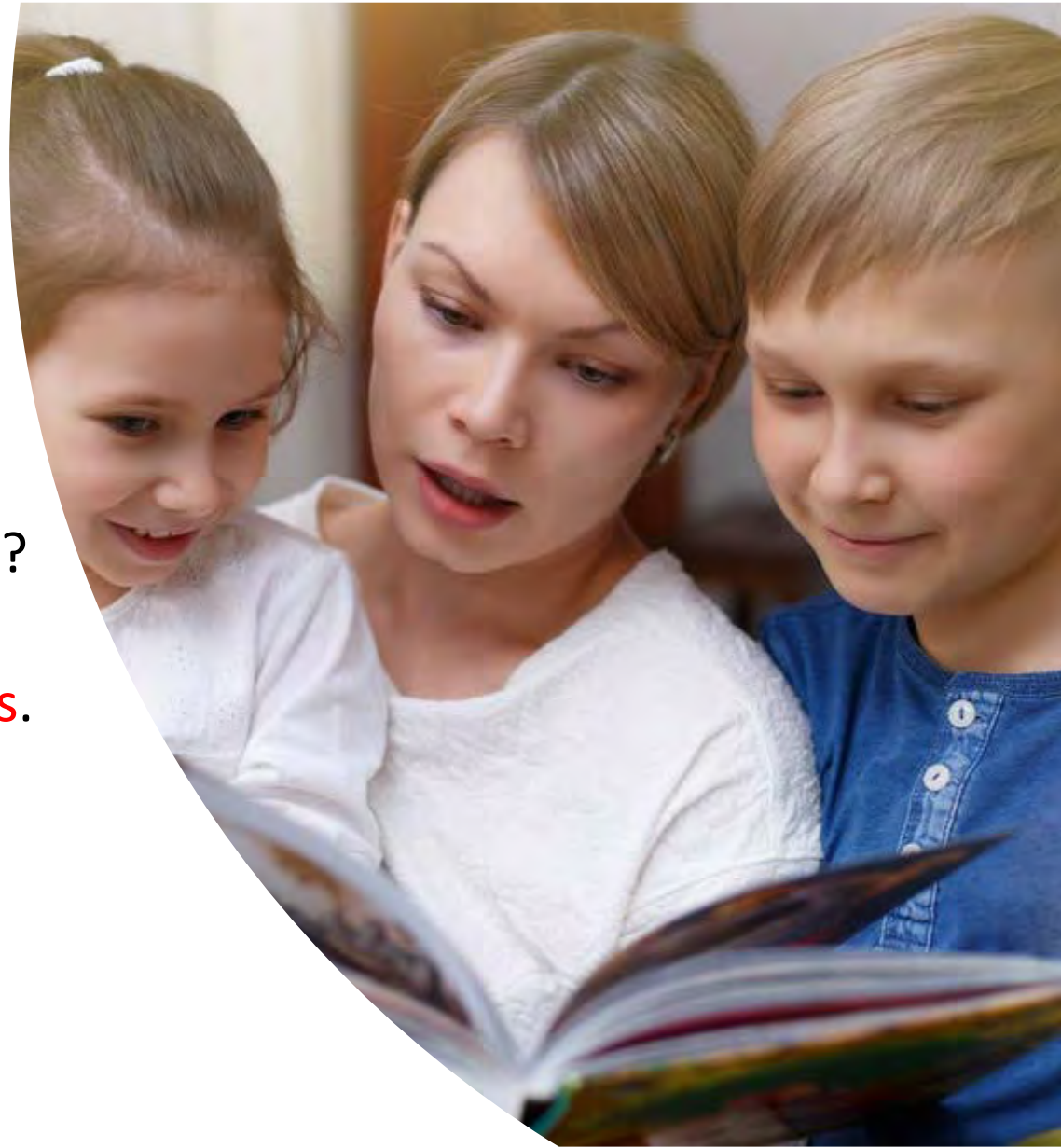
Overview

1. Is reading important?
2. Is reading to children important?
3. Is it important to start early?
4. Are book gifting programs effective?



Business summary (aka spoiler)

1. Is reading important? **Yes.**
2. Is reading to children important? **Yes.**
3. Is it important to start early? **Yes.**
4. Are book gifting programs effective? **Yes.**



1. Is reading important?

- a. Cognitive abilities
- b. Physical Health
- c. Mental health
- d. Emotional intelligence
- e. Morality





a. Cognitive abilities

- The Life Project: UK cohort study
- Overcoming socio-economic gap
- Parenting: a good learning environment
- Reading to children correlates with good school performance
- Leisure reading associated with better scores,
 - Irrespective of background and IQ
 - Better than parent with university degree

a. Cognitive abilities

- Critical Thinking
- Need for Cognitive Closure



A stack of several books with colorful spines is shown against a dark background. A single red apple sits in front of the books on the left side. The text is overlaid on this image.

b. Physical Health

- **Longevity**

- A 20% reduction in risk of mortality over 12 years after baseline for book readers as compared to non-book readers.
- A 23 month survival advantage for book readers.
- Books significantly more protective than reading periodicals or newspapers.



b. Physical Health

- Causes? Deep reading: “a slow, immersive process; this cognitive engagement occurs as the reader draws connections to other parts of the material, finds applications to the outside world, and asks questions about the content presented” (Bavishi et al. 2016, p. 44)



c. Mental Health

- **Shared reading**
 - Increased sense of purpose in life
 - Well-being
 - Quality of life
 - Sense of achievement and self-worth
- **Reading in prison**
 - Life satisfaction
 - Self-concept
 - Life-style
 - Reduced recidivism

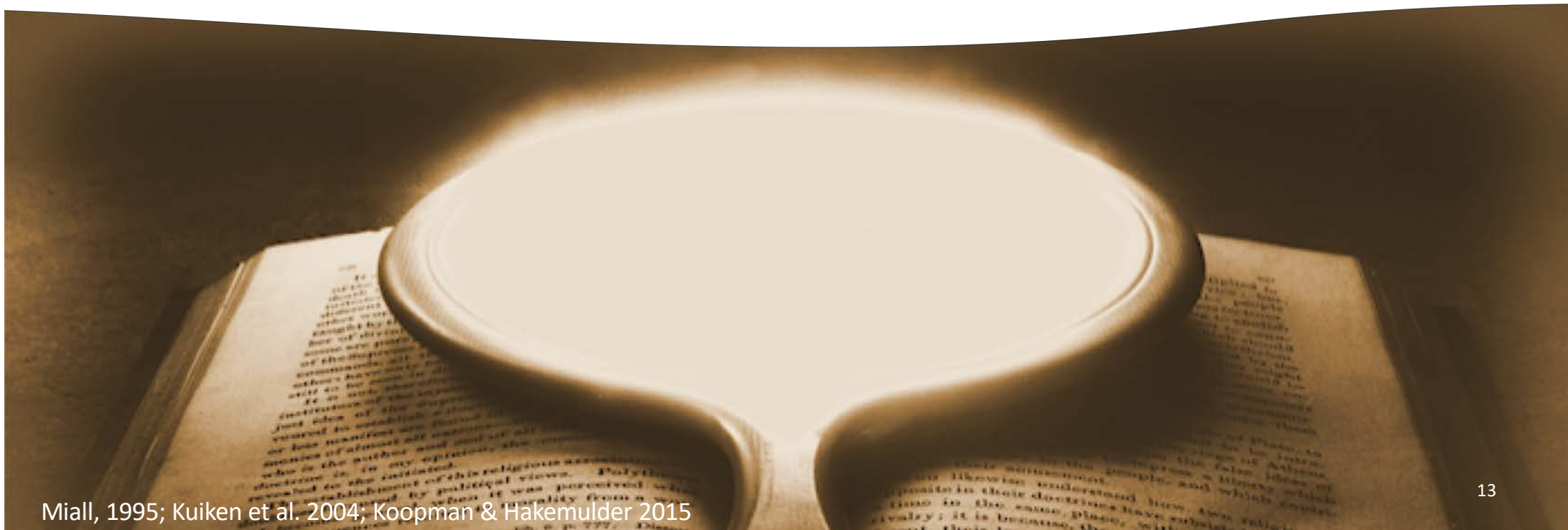
d. Emotional Intelligence

- Self-awareness
- Self-regulation
- Empathy



EQ: Self-awareness

- Reading literature stimulates self-reflection
- Search for self-knowledge as reading motivation



Miall, 1995; Kuiken et al. 2004; Koopman & Hakemulder 2015



EQ: Self-regulation

- Intentional concentration
- Mood regulation
- Reducing stress



EQ: Empathy

- Theory of mind and reading
- Causal relation
- Failed attempts to replication
- Overall: still an effect

Mar 2004; Kidd & Castano 2013; Samur, 2018; Mumper & Gerrig 2016

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d. Emotional Intelligence

- Academic performance
- Job performance



e. Morality

- Moral leadership
 - From abstract to concrete and personal
 - From rigid thinking to different perspectives and relativism

