

# 100 Book Challenge

## Freshman Seminar, Ellet High School

**What's the 100 Book Challenge?** There is a program new to Ellet last year called the 100 Book Challenge. Some students will be scheduled for this program as a class. However, EVERYONE can benefit from the ideas behind the program.

Research shows that students, who read the most, score the highest on reading tests.

The best scoring students	98 <sup>th</sup> percentile	read	67.3 minutes per day
	90 <sup>th</sup> %		33.4
	70 <sup>th</sup>		16.9
	50 <sup>th</sup>		9.2
	30 <sup>th</sup>		4.4
	10 <sup>th</sup>		1.0
The poorest scoring	2 <sup>nd</sup>		0

Here's a fact: Do you want to improve your reading ability? Read ONE HOUR per day, every day. For each 15 minutes you read, uninterrupted, make a notation of it in a notebook. By the time you get 500 of these steps, you will find that your reading ability has improved by approximately ONE GRADE LEVEL! Do twice that amount in a year's time, and you will really see improvement in your overall reading.

Why should we care about improving our reading grade level? Every student who graduates from high school should be reading at a 12<sup>th</sup> grade level. This can only happen if you are continually practicing reading. Reading is a skill, just like basketball. You don't get good at basketball by only playing it once in a great while. You have to practice a lot. It's the same with reading. You have to practice it a lot. We practice it by reading. School reading is typically textbook reading, which is a little bit more difficult. But, if you practice reading by reading things you enjoy, you are still getting the practice, which improves your skills, which will make reading those textbooks easier. There is a plus to all this. Once you can read your textbooks better, the better grades you will when you have to be tested on what you learned from them!

Pick fun books to read for your practice reading time. Don't pick books that are too difficult. When selecting a book for pleasure/practice reading, open the book at any page and see if you can read a paragraph comfortably and you can understand what is being said. If you can't understand it, put that book down and pick another.

When people are learning to play basketball, when they realize they are bad at a certain thing, like dribbling, they practice it over and over and over again to get it right. The same goes with reading. If you find you are bad about certain things in reading, practice it over and over again. For example, when you read, do you forget the names of the characters and how they are important to the story? Then stop ever so over and quiz yourself. Ask, "Who are the characters and how are they important to the story?" By quizzing yourself often, you will get into the habit of this, and soon you will do it without thinking, just like the basketball player can dribble the ball eventually without even thinking about it.

### Works Cited

R. Anderson. *Reading Research Quarterly*, (3) 1998.