

TEACHING READING TECHNIQUES AND STRATEGIES. DEVELOPING READING EXERCISES

Jizzakh branch of the National University of Uzbekistan

named after Mirzo Ulug'bek

The department of Foreign languages: Philology and teaching languages: English

Scientific advisor:

Abduraxmonova Zilola Yoqubjon qizi

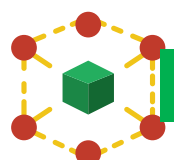
abduraxmanova@jbnuu.uz

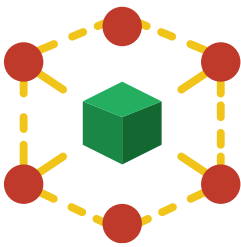
Student of group 102-23:

Bektemirova Marjona Jo'rabek qizi

Abstract: This article discusses the importance of teaching reading techniques and strategies in English language learning and explains how effective reading exercises can improve learners' comprehension skills. Reading is considered one of the essential language skills that helps students develop vocabulary, grammar knowledge, critical thinking, and communication abilities. The article describes major reading techniques such as skimming, scanning, intensive reading, extensive reading, and reading aloud. It also explains important reading strategies including predicting, summarizing, identifying main ideas, guessing meaning from context, and making inferences. Furthermore, the article highlights the role of pre-reading, while-reading, and post-reading exercises in developing students' reading competence. The study emphasizes that the use of interactive methods, appropriate materials, and well-planned activities can make reading lessons more effective and engaging for learners. As a result, students become more confident, independent, and successful readers in the process of foreign language learning.

Keywords: Reading techniques, skimming, scanning, active reading, detailed reading, speed reading, reading strategies, predicting, summarizing, intensive reading, extensive reading.





Reading is one of the most important receptive language skills that involves recognizing written symbols and understanding their meaning. It is a complex cognitive process through which readers interpret, analyze, and comprehend information presented in written texts. Reading is not only the ability to pronounce words correctly, but also the ability to understand ideas, identify main points, and connect information with prior knowledge. In language learning, reading plays a significant role in developing vocabulary, grammar, critical thinking, and communication skills. Effective reading helps learners gain knowledge, improve academic performance, and become independent and confident users of a foreign language. Reading techniques are approaches to reading that you can employ to become a better and more accomplished reader. The techniques will help you read faster, understand what you read better, and remember what you read better. The most productive reading techniques are **skimming, scanning, active reading, detailed reading, speed reading:**

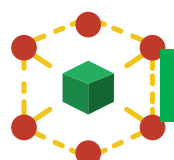
Skimming

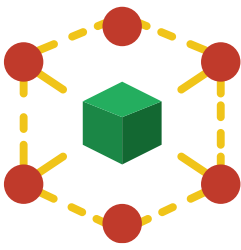
Skimming is a reading technique used to get the main gist of a material. It's all about going through a chunk of text quickly and less about comprehension. This does not mean that skimming is speed reading. While speed reading covers a lot of information quickly, skimming is simply sifting through information in quick time. In speed reading, you read the details, but when skimming, you skip over the details. However, skimming is an invaluable reading technique when all you need is to get the main idea. It can be a great technique to “survey” a material before settling down to read it in detail. Skimming can also come in handy when you need to review something you've read before. When skimming a previous read, you move your eyes quickly over the material to help refresh your memory.

You use skimming technique when:

- Going through a newspaper or magazine to know what's covered
- Going through a product review to have an idea of the product's features

Scanning





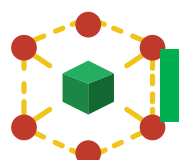
Scanning is similar to skimming in approach. It also involves going through a chunk of text quickly without any care for comprehension. The difference between skimming and scanning is on purpose. While skimming is done to get the main idea of the whole material, scanning is done to find specific information in the material. Scanning is a reading technique that you'll find useful in many situations. One of such situations is reviewing a reading material to revive understanding of what was read. In reviewing, you move your eyes quickly over the text, searching for keywords or keyphrases that'll refresh your memory.

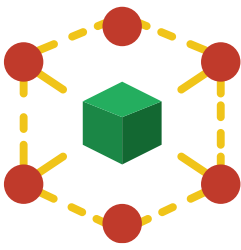
Active reading

Active reading is a technique that aids both comprehension and retention. It involves engaging with the reading material when reading it so that you'll understand it and evaluate it based on your needs.

Some tips for active reading are:

- **Ask questions.** As you read, ask yourself questions like “what does this mean,” “what is the significance of this statement,” etc. This way, you'll fully understand each part of the material.
- **Look for patterns.** Try to see the patterns in the reading as a whole. It helps you bring together all the information you've read into a meaningful whole.
- **Highlight and make notes.** As you read, highlight important points in the reading material. Even better, write down comments or notes on the book's margins or in a separate notebook.
- When you highlight and make notes, you can easily see the main points anytime you go through the material. To help you identify important points, look for transition words like “importantly,” “in contrast,” etc.
- **Link to existing knowledge.** Try to understand how what you're reading relates to what you know about the topic. This way, you'll clearly see how the information has added to your knowledge.





- **Write a summary.** Summarize what you've read in your own words. Write down the key points.
- **Test yourself.** Using what you have read, ask yourself mock questions, and try to answer these. Testing yourself will tell you how well you understand the material and remember.
- **Teach.** Try to explain what you've read to someone else. When you do so, you're inadvertently explaining it to yourself. So, when you teach someone the material you'd read, you'll be reviving your understanding of the text and solidifying it.

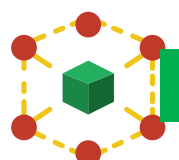
Active reading is best for academic reading when you have to understand and remember what you read. It is also good when you have to read complex information.

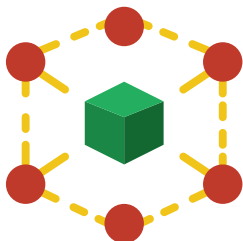
Detailed Reading

Detailed reading is a technique that involves carefully reading and analyzing every word for a deeper understanding of the material. Detailed reading is used to extract accurate information from a material. Detailed reading usually starts with skimming. First, you skim the material to have an idea of what it is. Then you carefully read through. When doing a detailed reading, you need to look up the meaning of unfamiliar words or phrases. You also need to piece words together for better understanding. You use this technique when reading research articles, reports, and literary works.

Speed reading

Speed reading is a technique that helps you read faster without compromising comprehension or retention. Speed reading is very different from skimming and scanning. In skimming, you speed through the text to get an idea of what it is, and in scanning, you speed through the text just to find something important. However, in speed reading, you're not simply running your eyes through texts. Rather, you're reading every word, but fast. Importantly, you're comprehending the text as you speed through. If you've ever felt that there's so much to read but not enough time, you need to learn speed reading.



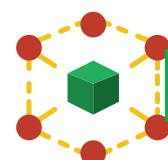


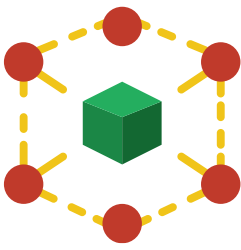
There are various steps that you can take to master speed reading. These include:

1. **Guide your eyes.** Run a finger or a pen under the words you are reading. Our eyes tend to fixate on moving objects. So, if you run a finger or a pen under the words in a text, your eyes will follow. Do this faster than you'll normally read, which trains your eyes to move faster and to read faster. You'll agree that running a finger or a pen under the words you're reading will not be "cool" if the reading material is on a digital device. Iris Reading has a speed reading tool that'll guide your eyes by flashing word chunks on your screen at your chosen speed.
2. **Deadline strategy.** Measure how much time it takes you to read a page, then try to beat it. Always remember that whatever can be measured can be managed. Simply set a time of 1 – 5 minutes and see how many lines you can read in the set time. Then, set the same time again and try to beat it by reading more lines.
3. **Adjust reading speed.** When speed reading, slow down on the first sentence in a paragraph and increase your speed as you go. Even automobiles do not come flying out of the garage. Just like a car accelerates until it reaches maximum speed, so start relatively slow and pace up as you go.

This is very important to comprehension and retention when speed reading. You'll easily grasp the introductory sentences and follow other sentences more readily as you speed up. If you need help learning to read fast, Iris Reading is a leading speed reading and memory solutions provider. We have free and paid courses that'll help you read fast while fully comprehending and remembering what you read. The speed reading mini course is one of Iris Reading's free courses. This course is a great way to get started and will teach you how to approach your material more efficiently. You'll also learn to read fast on the computer screen and other digital devices.

Reading strategies





Reading strategies are planned and purposeful techniques that readers use to understand, interpret, and analyze written texts more effectively. These strategies help learners improve comprehension, identify important information, and overcome difficulties while reading. Reading strategies include predicting, skimming, scanning, summarizing, guessing meaning from context, identifying main ideas, and making inferences. Skilled readers use these strategies to read more efficiently and achieve better understanding of a text. In language learning, teaching reading strategies is essential because they help students become active, independent, and confident readers.

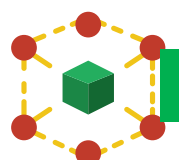
Predicting

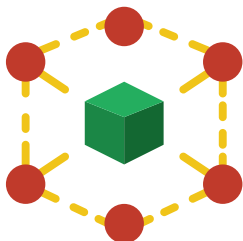
Predicting is a reading strategy in which readers try to guess what a text will be about before or during reading. Readers make predictions by using the title, pictures, headings, keywords, and their background knowledge. This strategy helps students become active readers because they think about the topic before reading the whole text. Predicting also increases learners' interest and motivation. While reading, students compare their predictions with the actual information in the text and correct their ideas if necessary. This process improves comprehension and critical thinking skills.

For example, if the title of a text is "A Day in the Rainforest," students may predict that the text will describe animals, plants, weather, or life in the rainforest.

Summarizing

Summarizing is a reading strategy that involves identifying and retelling the most important ideas of a text in a brief form using one's own words. Through summarizing, readers focus on key information and remove unnecessary details. This strategy helps learners improve comprehension, memory, and analytical thinking skills. Summarizing also allows teachers to check whether students have understood the text correctly. To summarize effectively, students should identify the main idea, important supporting details, and the conclusion of the text. A good summary is short, clear, and includes only essential information.





For example, after reading a story, students may write a few sentences explaining the main events and the message of the story.

Intensive reading

Intensive reading is a reading technique in which learners read a short text carefully and in detail to understand every part of it. This type of reading mainly focuses on vocabulary, grammar, sentence structure, and detailed comprehension. Intensive reading is usually done in the classroom under the teacher's guidance. The purpose of intensive reading is to improve language accuracy and develop learners' understanding of difficult texts. During intensive reading activities, students often answer comprehension questions, analyze grammar structures, underline unfamiliar words, and discuss the meaning of the text.

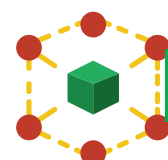
For example, students may read a short article or passage and complete exercises related to vocabulary and comprehension.

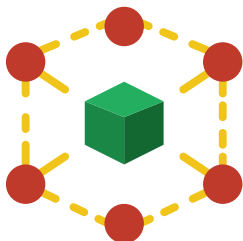
Characteristics of Intensive Reading:

1. Focuses on detailed understanding
2. Uses short texts
3. Improves grammar and vocabulary
4. Usually teacher-guided
5. Develops reading accuracy

Extensive reading

Extensive reading is a reading technique in which learners read longer texts for general understanding and enjoyment. Students read materials such as novels, magazines, newspapers, or stories without focusing on every unknown word or grammatical structure. The main aim of extensive reading is to improve reading fluency, increase vocabulary naturally, and develop positive reading habits. In this





type of reading, learners choose texts according to their interests and read independently. Extensive reading helps students become more confident readers and improves overall language proficiency through regular exposure to language.

For example, a student may read an English storybook at home for pleasure and later share a short summary with classmates.

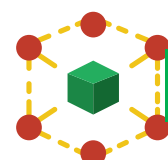
Characteristics of Extensive Reading:

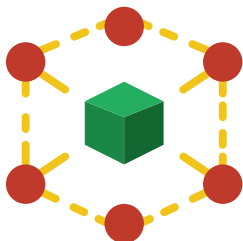
- Focuses on general understanding
- Uses longer texts
- Improves reading fluency
- Encourages independent reading
- Develops vocabulary naturally
- Reading for pleasure and enjoyment

Conclusion

In conclusion, reading plays a vital role in language learning and academic development. Effective teaching of reading techniques and strategies helps learners improve comprehension, vocabulary, grammar knowledge, and critical thinking skills. Strategies such as predicting and summarizing, as well as techniques like intensive and extensive reading, enable students to become active and independent readers. Moreover, well-designed reading exercises motivate learners and make the learning process more engaging and productive. Therefore, teachers should apply various reading methods and interactive activities to develop students' reading abilities successfully and help them achieve better language proficiency.

References:





1. Abduraxmanova, Z., & Mamurova, M. (2021). THEORETICAL APPROACH TO SPEECH DISFLUENCIES IN SIMULTANEOUS INTERPRETATION. In *МОЛОДОЙ ИССЛЕДОВАТЕЛЬ: ВЫЗОВЫ И ПЕРСПЕКТИВЫ* (pp. 43-45).
2. Abduraxmonova Zilola Yakubjan qizi, & Bektemirova Marjona Jo'rabek qizi. (2026). SUGGESTING ACTIVITIES FOR CLASSROOM READERS. *ACUMEN: INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH*, 2(12), 680–687.
3. Abduraxmonova Zilola Yakubjan qizi, & Bektemirova Marjona Jo'rabek qizi. (2026). READERS DEVELOPING LISTENING COMPREHENSION THROUGH EFFECTIVE EXERCISES. In *Journal of Universal Science Research* (Vol. 3, Number 12, pp. 440–448).
4. Oxford, R., & Crookall, D. (1989). Research on language learning strategies: Methods, findings, and instructional issues. *The Modern Language Journal*, 73(4), 404-419
5. Murphey, T. (1998). *Language hungry!: An introduction to language learning fun and self-esteem*. Japan: MacMillan Languagehouse.
6. Nation, I. S. P. (2009). *Teaching ESL/EFL Reading and Writing*. Routledge.
7. Grabe, W., & Stoller, F. L. (2011). *Teaching and Researching Reading*. Routledge.
8. Brown, H. D. (2007). *Principles of Language Learning and Teaching*. Pearson Longman.
9. Nuttall, C. (2005). *Teaching Reading Skills in a Foreign Language*. Macmillan Education.
10. Harmer, J. (2015). *The Practice of English Language Teaching*. Pearson Education Limited.

