

## Q. What are the types of extensive reading books?

**A. Roughly speaking, there are three main types of books: Graded Readers (GR), Leveled Readers (LR), and children's Books (CB).**

### Types of extensive reading books

- GR** Level-specific readers for English learners.
- LR** Level-specific books for native English children.
- CB** Picture books and children's books for native English children.

At Nagaoka University of Technology Library, **GR is represented by red series tags, LR by blue series tags, and CB by yellow series tags.** If you like ORT, find books with a **blue** series tag; if you like FRL, find those with a **red** series tag.



### Voices of extensive readers

It was my job that got me started, but I keep doing it in a relaxing and long-term way. The bar is low for reading English at work now. By reading children's books in English, chatting about books on social networking sites, and reading popular articles in English sites, I can and will enjoy in a variety of ways. Some continue at their own pace, while others take a long break and then come back. Feel free to pick up one.



A staff of Nagaoka University of Technology Library

## Libraries and facilities in Niigata Prefecture with extensive reading books

### Nagaoka University of Technology Library

Address : 1603-1 Kami-tomioka, Nagaoka City

Major available series

- ▶ Cambridge English Readers
- ▶ Foundations Reading Library
- ▶ Oxford Reading Tree
- ▶ Oxford Bookworms Library



More than 4,000 books, including several dozens of series. Nagaoka University of Technology students may use up to 10 books (E-books are also available). Visitors from outside the university can borrow up to 3 books.

### Nagaoka City Central Library

Address : 1-2-2 Gakkōchō, Nagaoka City

Major available series

- ▶ Foundations Reading Library
- ▶ Macmillan Readers
- ▶ Oxford Reading Tree
- ▶ Oxford Bookworms Library

### Nagaoka International Affairs Center Chikyū Hiroba

Address : 2-2-6 Ōte St, Nagaoka City

Major available series

- ▶ Oxford Reading Tree
- ▶ A to Z Mysteries

### Honpoto Niigata City Central Library

Address : 2-1-10 Akashi, Chuo Ward, Niigata City

Major available series

- ▶ Pearson English Readers
- ▶ Yohan Ladder Series

## Contact

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Nagaoka University of Technology



# The easy guide to get started in extensive reading in English

Answers questions like these

- What is extensive reading in English?**
- Should I do extensive reading in English?**
- How do I do extensive reading in English?**
- What effect does it have?**
- How much should I read?**
- Which book is good to start with?**
- What are the types of extensive reading books?**



## Q. What is extensive reading in English?

**A. Literally, reading as much English as possible.**

To read as much English as possible, follow “three principles of extensive reading.”

### Three principles of extensive reading



**Understand English as English**



**Read with 70~90% comprehension**



**If it is boring, leave it for later**

To put it simply, enjoy reading English books by “not studying.”

In extensive reading, you choose books that you enjoy without a dictionary and that interest you, and “enjoy a lot of reading in easy English.”

## Q. Should I do extensive reading in English?

**A. Yes. Highly recommended with confidence.**

Extensive reading lets you encounter a wide variety of English words and expressions. When there are only a few opportunities to use English in daily life, as is the case in Japan, the source of English input is mainly limited to textbooks.

However, words and expressions used in actual communication are not only those found in textbooks. Since it is impossible to use English that you have never seen or heard, you need to be exposed to much more English.

The good thing about extensive reading is that no matter how easy the book is, you will encounter words and expressions in a natural context that you could not encounter in textbooks, and you will acquire solid knowledge and skills using words and expressions that you already know.

**Try and have some fun!**



## Q. How do I do extensive reading in English?

**A. Choose a book that matches your English ability and interests, and read as much as possible according to the three principles of extensive reading. After reading, create a reading log.**

It is easy to choose books that match your interests. Note that the books should also match your English ability.

YL (readability level) is a good indicator of the difficulty level of books. The difficulty level is expressed as a number YL 0.0 -10.0, with lower numbers indicating easier reading. Start with an easy book with below YL 1.0 (the level at which you open a book and feel that you can read it). Below is a rough classification of YL by vocabulary level.

Easy					→	Difficult
YL 0.0~0.9 ~250 words	YL 1.0~1.9 ~500 words	YL 2.0~2.9 ~800 words	YL 3.0~3.9 ~1,300 words	YL 4.0~4.9 ~2,000 words		YL 5.0~5.9 ~2,800 words

After reading, create a reading log to record the book title, the series name, and the word counts, etc.

It is encouraging to see the number of words you have read.

A template can be downloaded from the QR code on the right.



## Q. What effect does it have?

**A. The following effects have been reported in research papers.**

- Faster English reading speed**
- Increased vocabulary**
- Enjoying reading and learning English**
- Higher TOEIC L&R test scores**
- Ability to write more English sentences**
- Improved English reading comprehension**
- Knowing the various uses of vocabulary**

## Q. How much should I read?

**A. Read at least 300,000 words for a solid improvement in English language skills.**

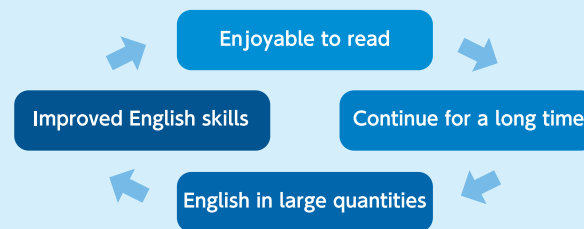
The amount of reading depends on the purpose.

If your goal is to enjoy using English or for lifelong learning, then go on at your own pace without thinking about the quantity. Continuing to do it little by little for a long time means that you are “reading extensively (reading a lot of English)”.

Some students want to improve their English within a certain period of time. Research papers have shown that you will feel your English has improved after reading 300,000 words.

It takes patience and time to read 300,000 words.

To this end, the important thing is to “read for enjoyment.” Try to create a cycle as suggested below. Start extensive reading as early as possible and keep doing it.



## Q. Which book is good to start with?

**A. Oxford Reading Tree (ORT) series and Foundations Reading Library (FRL) series are recommended.**

ORT is a series of books for native English speakers used as supplementary readers in elementary schools in the United Kingdom. It is a series featuring three children, Biff, Chip, and Kipper, who make you laugh and smile.

FRL is a series featuring high school students, written in easy-to-read English by Rob Waring, a leading researcher on extensive reading.