

Extensive Reading in a Foreign Language 4

“How to Choose a Book for Extensive Reading”

(多読の本の選び方)

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本稿では、多読をより楽しむための本の選び方を紹介します。様々な本のお勧め情報へのアクセスの仕方や、同じ著者で読み続ける方法、名作を読む方法、テーマ毎のリーフレットや陳列本の利用、読みやすいレベルの見極め方など、役立つ方法をお伝えします。

Independent reading builds knowledge, improves vocabulary and grammar, and exposes the reader to ideas, experiences and beliefs. Independent reading means making your own choices, rather than reading a book assigned for a class or picked by someone else. How should you choose something to read?

Choosing a good book is very important. The more interesting and enjoyable a book is, the better experience it will give to the reader.

Think about what you like. Fiction? Nonfiction? Interesting facts? Action? Tragic love? Murder? Touching drama? Look for books that appeal to your interests. Here are some ideas about how to find suitable books to read.

Selecting a Book on Your Own

There is a saying in English, “You can’t judge a book by its cover”, which means that we should not judge people by their outward appearance. We have to look a little more deeply. When selecting a book to read, a picture or design may catch our attention. But the next step is to look at the back of the book or inside the front cover to see a synopsis of the story. Open the book and read a few paragraphs. Do you like the story described? Is the writing style appealing? Does it seem like a book that will keep you interested?

Recommendations

A good source of recommendations is other readers. Ask your friends what books they have enjoyed reading. Don’t forget to tell your friends when you read a good book.

Look at book reviews in the library or online.

Popularity

One way to choose a book is to read books that many people have already enjoyed. There are many lists of bestselling or popular

books. Some stories are thousands of years old, like the Aesop’s fables. Books like *Heidi* and *Black Beauty* are among the bestselling books of all time.

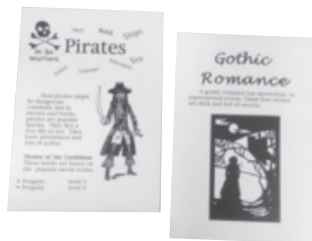
Familiar Stories

Many books in the extensive reading collection are famous. You may know those stories from TV shows, movies, or books you read as a child. Look for some stories that you already know, like the tales of Hans Christian Anderson, or Disney.

A way to find familiar stories is to look for books by the same writer. Some popular books stand alone, but many books are written in a series. “Nate the Great” is in many books, for example.

Expert Advice

A professional librarian or teacher may be able to recommend books that you might like. Bibliographies should be available in the library with lists of books on topics such as romance novels, biographies, horror stories, adventures or pirates.



第五閲覧室で配布している多読用のテーマ別推奨図書リーフレット

Remember to choose books that are on your reading level, not too easy but not too difficult to read smoothly, without using a dictionary. A simple test is the “Five Finger Test”. Open your book to a page with no pictures. Open one hand with five fingers. Start reading. Every time you find a word you don’t know, put one finger down. If you can finish the page and still have at least two fingers up, the book is not too difficult for you. Keep reading.

As you read more books, you will get better at choosing ones you like.

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