

Improving Reading Skills in the English Language

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Abstract

Reading is one of the most essential skills in learning a foreign language, especially English. This article discusses the importance of reading skills and explains simple yet effective ways to improve them. The paper focuses on common difficulties learners face and suggests practical strategies such as vocabulary development, reading techniques, and regular practice to help students become confident and successful readers.

Keywords: reading skills, English language learning, vocabulary development, reading strategies, comprehension, extensive reading, motivation

Kirish

O'qish chet tilini, ayniqsa ingliz tilini o'rganishda eng muhim ko'nikmalardan biridir. Ushbu maqolada o'qish ko'nikmalarining ahamiyati muhokama qilinib, ularni rivojlantirishning sodda, ammo samarali usullari yoritiladi. Tadqiqot o'quvchilar duch keladigan umumiy qiyinchiliklarga e'tibor qarab, lug'at boyligini rivojlantirish, o'qish texnikalari va muntazam mashq kabi amaliy strategiyalarni taklif etadi.

Kalit so'zlar: o'qish ko'nikmalari, ingliz tilini o'rganish, lug'at boyligini rivojlantirish, o'qish strategiyalari, tushunish, keng qamrovli o'qish, motivatsiya

Аннотация

Чтение является одним из самых важных навыков при изучении иностранного языка, особенно английского. В статье рассматривается значимость навыков чтения и описываются простые, но эффективные способы их развития. Работа фокусируется на распространённых трудностях, с которыми сталкиваются учащиеся, и предлагает практические стратегии, такие как развитие словарного запаса, техники чтения и регулярная практика.

Ключевые слова: навыки чтения, изучение английского языка, развитие словарного запаса, стратегии чтения, понимание текста, экстенсивное чтение, мотивация

Reading plays a vital role in learning English as a foreign language. For many learners, reading is the main source of new vocabulary, grammar structures, and ideas. At the university level, especially for first-year students, reading becomes even more important because most academic information is presented in written form. However, many students find reading in English difficult and tiring. This article aims to explain why reading skills are important and how students can improve them using simple and practical methods.

Reading is not only a way to understand written texts, but it also helps learners develop other language skills. Through reading, students learn how sentences are formed, how ideas are organized, and how words are used in context. According to Harmer (2001), reading helps learners think in the target language and improves overall language proficiency. Moreover, good reading skills are essential for academic success, as students need to read textbooks, articles, and online sources regularly.

Many English learners face several difficulties while reading. One of the most common problems is limited vocabulary. When students encounter too many unfamiliar words, they lose interest and fail to understand the text. Another problem is slow reading speed, which makes reading frustrating and time-consuming. Some students also try to understand every single word, which prevents them from grasping the main idea of the text. Additionally, lack of motivation and unsuitable reading materials can negatively affect reading progress.

There are several ways to improve reading skills:

1. Developing Vocabulary

Vocabulary knowledge is the foundation of good reading skills. Students should learn new words regularly and revise them often. It is more effective to learn words in context rather than memorizing lists. Keeping a vocabulary notebook, using flashcards, and reading graded readers can be very helpful. Nation (2001) states that vocabulary growth significantly improves reading comprehension.

2. Using Reading Strategies

Reading strategies help learners understand texts more effectively. Skimming is useful for getting the general idea of a text, while scanning helps find specific information. Predicting the content before reading and guessing the meaning of

unknown words from context are also important strategies. These techniques save time and increase confidence while reading.

3. Extensive Reading

Extensive reading means reading a large amount of easy and interesting material for pleasure. This type of reading improves fluency, vocabulary, and motivation. Students can read short stories, novels, blogs, or online articles based on their interests. Day and Bamford (1998) emphasize that extensive reading encourages positive attitudes toward reading and language learning.

4. Intensive Reading

Intensive reading focuses on understanding texts in detail. This is usually done with shorter texts in the classroom. Students analyze vocabulary, grammar, and meaning with the help of a teacher. Intensive reading is useful for academic purposes and exam preparation. A balance between extensive and intensive reading is necessary for effective learning.

5. Reading Regularly

Consistency is a key to improving reading skills. Even 15–20 minutes of reading every day can bring positive results. Students should create a reading habit and choose materials that match their level. Reading regularly helps increase speed, comprehension, and confidence over time.

6. Motivation and Interest

Motivation plays an important role in reading development. Students read better when they are interested in the topic. Teachers should encourage learners to choose texts related to their hobbies and future professions. Using real-life materials such as news articles or online content can also increase interest and engagement.

In conclusion, reading is a crucial skill in English language learning, especially for first-year university students. Although reading may seem challenging at first, it can be improved through vocabulary development, effective reading strategies, and regular practice. By reading extensively and intensively, students can enhance their comprehension and overall language proficiency. With motivation and consistent effort, every learner can become a successful reader.

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