

## CAREERS

### Careers at the Langley Academy

# How reading improves life chances & career prospects

#### MESSAGE TO PARENTS







We are obviously very keen for our children to be ambitious and passionate about their future careers. We want them to be realistic and to aim high. As a parent, there is no better feeling than boasting about how well our kids have done.

Preparing them for their future is our parental job. I can tell you, and I guarantee this for your child, that all successful individuals share one thing - a love of reading; the vast majority of students with the top grades read.

Reading develops the mind. It makes us more articulate and gives us confidence in what we say - people worth listening to.

It improves our ability to focus and concentrate this is where the top grades come from. It gives us ideas, feeds the imagination and finds hobbies for us (and gets us off computers!). It makes us interesting - we know stuff and people want to listen. It improves our memory - when we think about things we understand and remember; remembering characters in a novel improves our memory and concentration. Reading also fights stress - in just 6 minutes heart rate slows and tension eases in the muscles.

Reading simply makes us smarter - almost without realising it we pick up information and



knowledge, we find out how things work, why things are the way they are and this list just goes on and on.

Relaxing with a good book is one of life's great pleasures and better than the film - I promise!

### Books to enjoy

A short history of nearly everything. Bill Bryson Amazing Stories. Neil Oliver Hunger Games. Collins A streetcat named Bob. Bowen

The Book Thief, Zusak

The curious incident of the dog in the night time. Haddon

The Time Travelers' Wife. Niffenegger Northern Lights. Pullman

