



Glanmire Community College



Recommended Reading Second & Third Year



Why is reading so important?



Reading reduces stress

In 2009, scientists at the University of Sussex in the UK looked at how different activities lowered stress by measuring heart rate and muscle tension. Reading a book or newspaper for just six minutes lowered people's stress levels by 68 per cent. This was a higher percentage drop in stress than going for a walk at 42 per cent, drinking a cup of tea or coffee at 54 per cent, or listening to music at 61 per cent. According to the authors, the ability to be fully concentrating on what you are reading and therefore not distracted is what makes reading the perfect way to relieve stress.



Reading helps you live longer

A daily dose of reading may lengthen your lifespan. A team of scientists at Yale University followed more than 3,600 adults over the age of 50 for 12 years. They discovered that people who reported reading books for 30 minutes a day lived nearly 2 years more than those who read magazines or newspapers. Participants who read more than 3 and a half hours per week were 23 per cent less likely to die, and participants who read less than 3 and a half hours per week were 17 per cent less likely to die. 'The benefits of reading books include a longer life in which to read them,' the authors wrote.

Reading helps you sleep

Creating a bedtime ritual, like reading before bed, signals to your body that it's time to wind down and go to sleep, according to the Mayo Clinic. Reading a real book helps you relax more than zoning out in front of a screen before bed.

Screens like e-readers and tablets can actually keep you awake longer and even upset your sleep. That applies to kids too – 54 per cent of children sleep near a small screen, and clock 20 fewer minutes of shut eye on average because of it, according to research. So, reach for the literal page-turners before switching off the light.



Why is reading so important?

Reading makes you smarter

In the 1990s, a team of scientists carried out a variety of tests to try to figure out the link between reading and a person's vocabulary and fact-based knowledge. The researchers were surprised that the average result of these studies was that avid readers, as measured by the tests, had around a 50 per cent larger vocabulary and 50 per cent more fact-based knowledge than people that did not read at all.



Reading makes you a nicer person

In 2013, at Harvard University, a group of volunteers either read fiction, popular fiction non-fiction or nothing. Across five experiments, those who read fiction performed better on tasks like predicting how characters would act and identifying the emotions in facial expressions. These results show us that reading improves your ability to read other people's emotions and feelings. Put simply, reading makes you a nicer person.



Reading reduces your risk of dementia

A study published in the journal *Neurology* claimed that reading and similar activities reduced the rate of cognitive (relating to the mental process involved in knowing, learning and understanding things) decline in dementia patients. Researchers questioned 294 patients about their reading habits over the course of 6 years and then examined their brains for dementia in a post-mortem. They found a slower rate of decline in patients who reported more early-life and late-life cognitive activity, such as reading, writing and playing games.



Why is reading so important?

- A student being a reader or not is a more important indicator of success than socioeconomic/educational status of parents (OECD/PISA 2009)
- Aids with cognitive development and impacts across the curriculum- students likely to do 'significantly better', with a 9.9% advantage in Maths by age 16! (IoE, London, 2013).
- Science achievement: Researchers found that the strongest factor affecting pupils' science scores is reading comprehension (EEF, September 2017)
- Children who read books often at age 10 and more than once a week at age 16 gain higher results in maths, vocabulary and spelling tests at age 16 than those who read less regularly
- Children can learn between 4,000 and 12,000 new words through book reading in a single year
- Reading improves teenagers' vocabulary by 26% regardless of background (Centre for Longitudinal Studies, November 2017)

15 minutes each day



5,475 minutes



91+ hours

1 minute each day



365 minutes

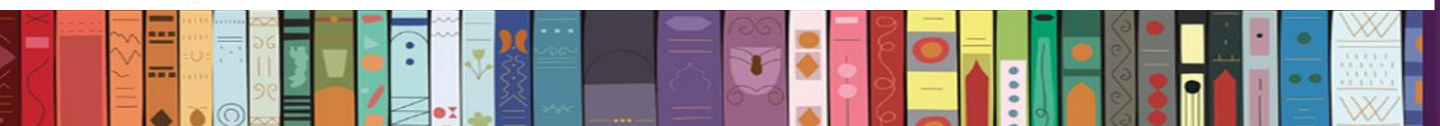


6 hours



Finding A Book To Read

- 1 Search by genre:** there are lots of different genres of books to choose from – action, adventure, historical fiction, science fiction, mystery, horror. If you have previously read a book of a particular genre and enjoyed it, chances are you will like another book in that same genre. You could do an online search of your chosen genre and see if anything appeals to you.
- 2 Search by author:** sometimes people really like the writing style of a particular author. When you finish a book and you have enjoyed it, search online for other books by the same person to see if there is something else you might want to read.
- 3 Award-winning books:** every year, a number of book awards are given out to authors whose books are recognised for their brilliance. The CILIP Carnegie Medal, the Newbery Medal, the Waterstones Children's Book Prize, the National Book Awards, the Costa Book Awards and the An Post Book Awards are the most prestigious and well known of these. You could search online for the shortlists and awards winners and browse for something that grabs your interest.
- 4 Book trailers:** publishing companies often create online book trailers that offer a preview of what a book is about. There are some great YouTube channels with trailers of interesting young adult reads: try Epic Reads, Walker Books and Penguin Teen.
- 5 Good Reads:** this is a community website full of book lovers. You can sign up and create an account that will keep track of all of the books you have read and offer recommendations based on what you like. You can also use the website to search for books, read a book summary, browse community reviews and look up a book's star rating.
- 6 Audiobooks:** who doesn't love being read to? Audiobooks are now widely available online. You could subscribe to a service like Audible or Spotify to search for and listen to audiobooks. Alternatively, you can find some audiobooks on YouTube or on the open-source audiobook site LibriVox.
- 7 Use an algorithm:** book algorithms use information you input online to create a list of books you might enjoy. Try Whichbook, which offers a book selection based on your preferences in four categories: mood and emotion, world map, characters and plot, and bestsellers.
- 8 Best ever book list:** you could also search the 'best ever' book lists that people compile online. There are new lists published all the time; good ones to browse are the best books of the year, the best historical fiction books and the best young adult novels.
- 9 Local library:** visit the library in your city or town and browse the book shelves. Libraries are free to join and books are free to borrow. You could always ask the librarian to help you find a book to try.
- 10 Bookshops:** take a trip to your local bookshop and leaf through the books in the different sections, or ask the people who work there for their advice on what might be a good read for you.
- 11 Teachers' recommendations:** turn to pages 261–268 and read some short reviews and descriptions of popular books for students. Or ask your own teacher for some suggestions.
- 12 Fill your bookshelves:** In your activity book (see page 148), jot down the names of some books that have been recommended to you or that have appealed to you in your search to find a book to read.

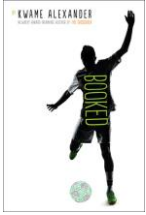


The Girl of Ink and Stars by Kiran Milwood Hargrave



Forbidden to leave her island, Isabella Riosse dreams of the faraway lands her father once mapped. When her closest friend disappears into the island's Forgotten Territories, she volunteers to guide the search. As a cartographer's daughter, she's equipped with elaborate ink maps and knowledge of the stars, and is eager to navigate the island's forgotten heart. But the world beyond the walls is a monster-filled wasteland – and beneath the dry rivers and smoking mountains, a legendary fire demon is stirring from its sleep. Soon, following her map, her heart and an ancient myth, Isabella discovers the true end of her journey: to save the island itself.

Booked by Kwame Alexander



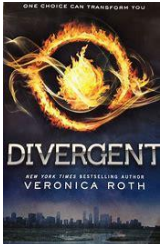
Soccer, family, love, and friendship, take centre stage as twelve-year-old Nick learns the power of words as he wrestles with problems at home, stands up to a bully, and tries to impress the girl of his dreams. Helping him along are his best friend and sometimes teammate Coby, and The Mac, a rapping librarian who gives Nick inspiring books to read.

Shadow and Bone Series by Leigh Bardugo



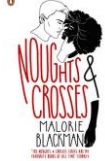
Soldier. Summoner. Saint. Orphaned and expendable, Alina Starkov is a soldier who knows she may not survive her first trek across the Shadow Fold—a swath of unnatural darkness crawling with monsters. But when her regiment is attacked, Alina unleashes dormant magic not even she knew she possessed.

Divergent Series by Veronica Roth



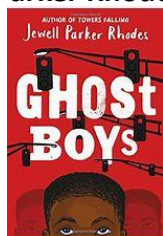
For sixteen-year-old Tris, the world changes in a heartbeat when she is forced to make a terrible choice. Turning her back on her family, Tris ventures out, alone, determined to find out where she truly belongs. Shocked by the brutality of her new life, Tris can trust no one. And yet she is drawn to a boy who seems to both threaten and protect her. The hardest choices may yet lie ahead....

Noughts and Crosses Series by Malorie Blackman



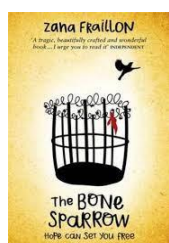
Sephy is a Cross: dark-skinned and beautiful, she lives a life of privilege and power. But she's lonely, and burns with injustice at the world she sees around her. Callum is a nought: pale-skinned and poor, he's considered to be less than nothing - a blanker, there to serve Crosses - but he dreams of a better life. They've been friends since they were children, and they both know that's as far as it can ever go. Noughts and Crosses are fated to be bitter enemies - love is out of the question. Then - in spite of a world that is fiercely against them - these star-crossed lovers choose each other.

Ghost Boys by Jewell Parker Rhodes



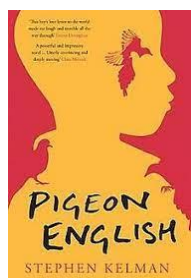
Twelve-year-old Jerome is shot by a police officer who mistakes his toy gun for a real threat. As a ghost, he observes the devastation that's been unleashed on his family and community in the wake of what they see as an unjust and brutal killing. Soon Jerome meets another ghost: Emmett Till, a boy from a very different time but similar circumstances.

The Bone Sparrow by Zana Fraillon



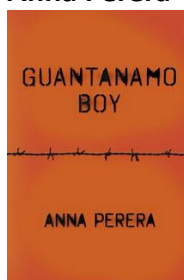
Subhi is a refugee. Born in an Australian permanent detention centre after his mother and sister fled the violence of a distant homeland, Subhi has only ever known life behind the fences. But his world is far bigger than that—every night, the magical Night Sea from his mother's stories brings him gifts, the faraway whales sing to him, and the birds tell their stories. And as he grows, his imagination threatens to burst beyond the limits of his containment.

Pigeon English by Stephen Kelman



Eleven-year-old Harrison Opoku, the second best runner in Year 7, races through his new life in England with his personalised trainers - the Adidas stripes drawn on with marker pen - blissfully unaware of the very real threat around him. Newly-arrived from Ghana with his mother and older sister Lydia, his life is changed forever when one of his friends is murdered. As the victim's nearly new football boots hang in tribute on railings behind fluorescent tape and a police appeal draws only silence, Harri decides to act, unwittingly endangering the fragile web his mother has spun around her family to keep them safe.

Guantanamo boy by Anna Perera



Khalid, a fifteen-year-old Muslim boy from Rochdale, is abducted from Pakistan while on holiday with his family. He is taken to Guantanamo Bay and held without charge, where his hopes and dreams are crushed under the cruellest of circumstances. An innocent denied his freedom at a time when Western boys are finding theirs, Khalid tries and fails to understand what's happening to him and cannot fail to be a changed young man.

Bog child by Siobhan Dowd



Digging for peat in the mountain with his Uncle Tally, Fergus finds the body of a child, and it looks like she's been murdered. As Fergus tries to make sense of the mad world around him—his brother on hunger-strike in prison, his growing feelings for Cora, his parents arguing over the Troubles, and him in it up to the neck, blackmailed into acting as courier to God knows what—a little voice comes to him in his dreams, and the mystery of the bog child unfurls.



Best Book Series to get teenagers reading again

Shadow and Bone Series by Leigh Bardugo

Soldier. Summoner. Saint. Orphaned and expendable, Alina Starkov is a soldier who knows she may not survive her first trek across the Shadow Fold--a swath of unnatural darkness crawling with monsters. But when her regiment is attacked, Alina unleashes dormant magic not even she knew she possessed. This series contains nine books: Shadow and Bone, Siege and Storm, Ruin and Rising, Six of Crows, Crooked Kingdom, King of Scars, Rule of Wolves, The Language of Thorns, The Lives of Saints

Divergent Series by Veronica Roth

For sixteen-year-old Tris, the world changes in a heartbeat when she is forced to make a terrible choice. Turning her back on her family, Tris ventures out, alone, determined to find out where she truly belongs. Shocked by the brutality of her new life, Tris can trust no one. And yet she is drawn to a boy who seems to both threaten and protect her. This series contains four books; Divergent, Insurgent, Allegiant and Four.

Twilight by Stephanie Meyer

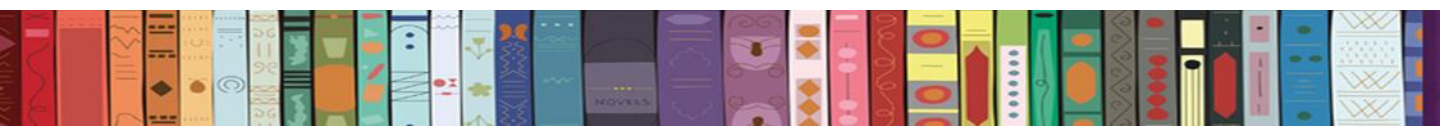
Bella Swan moves from Phoenix, Arizona to Forks, Washington. After moving to Forks, Bella finds herself drawn to a mysterious boy, Edward Cullen, who turns out to be a "vegetarian" vampire (one drinking animal blood, as opposed to human blood). They both fall in love and must fight off a rival clan of vampires who want to drink her blood. The series contains four books that follow Bella and Edward Cullen's romance and life as they struggle to survive; Twilight, New Moon, Eclipse and Breaking Dawn.

The Hunger Games by Suzanne Collins

Katniss Everdeen, the story's narrator, tells the tale of a dominating Capitol and the mistreated twelve districts of Panem. Yearly, each district is forced to send a boy and a girl between the age of 12 to 18, called tributes, to fight to the death in an annual Hunger Games. Katniss' little sister, Prim, is selected for the games, but Katniss bravely takes her place and finds herself thrust into a whirlwind of violence, confusion, and domination as she struggles to survive. This trilogy consists of three books; The Hunger Games, Catching fire and Mockingjay.

Arc of a Scythe Series by Neil Shusterman

The Arc of a Scythe is a chilling YA dystopian series by National Book Award-winning author, Neal Shusterman. The books are set in a world without hunger, disease or war, in a future where humanity has even conquered death. The Scythes are the only ones who can end a life and are tasked with controlling the size of the population. However, for Citra and Rowan - two teens apprenticed to be scythes against their will - this perfect world comes with a heavy price, as they have to master the art of killing. Only one will be chosen as the Scythe, and the other will face execution from his or her opponent. The trilogy contains three books; Scythe, Thunderhead and The Toll.





Best Book Series to get teenagers reading again

The young elites by Marie Lu

The Young Elites is set in a Renaissance-like world where magic is new, chaotic, and misunderstood, and three rival societies with supernatural abilities battle for power. And a girl transforms from an unwanted daughter into a fearsome leader, igniting panic and sparking war between seven nations. The series consists of three books: The Young Elites, The Rose Society and The Midnight Star.

The mortal instruments by Cassandra Clare

The Mortal Instruments books are a favourite amongst young adult readers, for their compelling and mysterious plots, dynamic characters and passionate love story. Cassandra Clare's Young Adult fantasy series tells the story of Clary Fray. Searching for her missing mother, Clary is pulled into an alternate New York – Downworld is filled with mysterious faeries, partying warlocks, vampires who aren't what they seem, an army of werewolves and the demons who want to destroy it all. In book one City of Bones, Clary meets Jace and discovers that, like him, she is a Shadowhunter, a human-angel hybrid who hunts down demons. This startling discovery triggers a series of action-filled adventures and romance. There are six books in this series: City of Bones, City of Ashes, City of Glass, City of Fallen Angels, City of Lost Souls and City of Heavenly Fire.

The selection by Kiera Cass

For thirty-five girls, the Selection is the chance of a lifetime. The chance to live in a palace and compete for the heart of gorgeous Prince Maxon. But for America Singer, being Selected is a nightmare. It means turning her back on her secret love with Aspen, who is a caste below her, and leaving her home to enter a fierce competition for a crown she doesn't want. Then America meets Prince Maxon. Gradually, she starts to question all the plans she's made for herself--and realizes that the life she's always dreamed of may not compare to a future she never imagined. The book series contains the following titles: The Selection, The Elite, The One, The Heir and The Crown.

The lunar chronicles by Marissa Meyer

This bestselling series of young adult novels reimagine classic fairy tales in a futuristic world where humans, androids, and cyborgs coexist. In the first book, a teenage cyborg named Cinder deals with her wicked step-mother, finds love, and discovers secrets about herself. As the series continues, Cinder forges an alliance with Scarlet, a spaceship pilot; Cress, an imprisoned computer hacker; and Winter, a Lunar princess. Along with a diverse crew that includes a soldier, a criminal, and a royal guard, they must work together to rise up against the evil Queen Levana to save the country and possibly even the world. The series contains four books; The Cinder, Scarlet, Cress and Winter.

