



# I PICK A Reading Strategy for Choosing Books

Research states that students who read for 30 minutes a day at their independent reading level make better gains in reading. So what is that individual reading level in simple terms?

Choosing a book is like buying a pair of shoes. We have different shoes for different reasons. You may have a pair of "good shoes," a pair of everyday shoes, and possibly boots or a certain type of shoe for a certain sport. So we choose shoes based on the reason we want to use them. Books are not any different. We choose books based on our reason for using them. Do they reflect our interest? Can it help us find the information we want? Again, going back to our shoes, we wouldn't choose a pair of shoes to wear that is way too large or way too small. We look for a pair of shoes that fits us. So to pick a book, a child must be interested in it and be able to read and understand the words.

So what does all this mean? A simple strategy to consider when choosing a book is "I PICK" taken from the authors Gail Boushey and Joan Moser.

<b>I</b>	I choose a book.
<b>P</b>	Purpose- Why do I want to read it?
<b>I</b>	Interest- Does the book interest me?
<b>C</b>	Comprehension- Am I understanding what I am reading?
<b>K</b>	Know- Do I know most of the words? (Use the 3 finger rule)

Once a book is selected for reading, then just like any sports that a son or daughter plays or the time it takes to play a musical instrument well, they must practice reading daily. Practice is the only way that any student will get better or even challenge their thinking.

You can help your son, daughter, or young person in your life by showing them that reading is important through modeling reading, visiting the library, and even taking time to talk to them about what they are reading. Try having your child use the "I PICK" strategy the next time they select a book at the library or bookstore.