

How to Help English Learners Reduce Reading Anxiety

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Abstract

English reading teaching plays an increasingly important role in language teaching and has become an important way for middle school students to learn English language knowledge and understand foreign history and culture. At present, many students have obstacles in English reading, which restricts students' reading speed and quality. Most students think English reading is difficult. They have different degrees of reading disabilities. This paper will analyze the obstacles of junior middle school students in English reading, and put forward the strategies to deal with these obstacles in order to improve junior middle school students' English reading level.

Keywords

English Reading; Obstacle; Countermeasures.

1. Introduction

1.1. Interpretation of Reading and English Dyslexia

Reading is a process of using language information to obtain information and understand the world. Some scholars believe that reading is a complex intellectual activity to obtain information from written language and a psychological process to obtain meaning from written English. Reading is a complex process in which readers use their existing knowledge to understand the article. It requires readers to understand not only words and grammar, but also background knowledge and culture. Some scholars pointed out: "from the perspective of psychology, reading is a process of language communication and readers' understanding of language information."

Different scholars have different definitions of reading anxiety. Rod Ellis reported(1990) that "English dyslexia usually refers to difficulties in learning English pronunciation, vocabulary, syntax and semantics". Some Chinese scholars believe that due to the lack of language ability, readers cannot accept the image and voice of the language, which is called English dyslexia. Dyslexia is caused by students' weak foundation, bad habits and other factors.

2. Causes of Reading Comprehension Impairment for Beginners

2.1. Unscientific Reading Methods

Some students do not use scientific methods in English reading. Many students will stop when they see rare words and directly query the dictionary without looking at the contents behind. This reading habit will reduce students' reading efficiency and students' concentration, which will greatly reduce students' interest in reading. Many students can't have a fast reading speed because their reading methods are unscientific. At the same time, they can't accurately grasp the content and meaning of the reading text.

2.2. Improper Reading Attitude

Based on my internship experience, I found that some students have a very wrong attitude towards English reading. Many students only read for reading and do not have a correct learning concept of reading. On the premise of insufficient autonomy, students' reading ability

is difficult to improve, and they will not form good reading habits according to the situation envisaged by teachers. Nearly 90% of students do not have the habit of reading English journals independently after class, while the rest of students are urged by teachers and parents even if they participate in reading. Therefore, improper reading attitude also leads to obstacles in English reading comprehension.

2.3. Psychological Obstacles in Reading

Although many students have accumulated English knowledge in the previous stage, they have not formed good English learning ability. Many students will have fear when they see long content in reading, which will directly affect their reading effect. Under the tension, many students can't flexibly apply the knowledge they have learned to analyze the sentence content, and can't contact the context meaning to master the core theme of the reading text. There are also some students who read only to complete the tasks assigned by the teacher. Students' learning English is easily disturbed by psychological factors and can not get good training, which is the main reason why students can not quickly improve their English reading ability during learning.

3. Countermeasures to Improve Junior Middle School Students' English Reading Comprehension Ability

3.1. Guide Students to Improve Their Vocabulary

The lack of students' vocabulary will directly affect the improvement of reading ability. Therefore, when cultivating students' reading ability, teachers first need to solve the problem of less students' vocabulary and expand students' vocabulary. Rich English vocabulary is the basis of students' English reading. If the foundation is not consolidated, it will have an impact on the later knowledge learning.

Teachers need to suit the remedy to the case, solve the problem of students' small vocabulary, guide students to face up to their problems in English learning, and teach students how to remember words scientifically. For example, you must review the words again within three days after contacting them, so that the words do not leave the sentence and the sentence does not leave the text, and gradually deepen the impression of the words, so as to make them become the content of the students' word library.

3.2. Expand Students' Reading Volume and Scope

The improvement of students' English reading comprehension ability is a step-by-step process. Teachers should consider the needs of the formation of students' reading ability, increase students' reading volume, and require students to accumulate new words during reading, which is a necessary work to improve the quality of English reading. Some teachers only consider the teaching level when choosing reading materials, and choose classic chapters as students' reading materials, but some classic contents are difficult to stimulate students' interest in reading. Therefore, in the selection of reading materials, teachers should consider the needs of students' ability training, and ensure that the corresponding materials can stimulate students' interest in reading, ensure that the new words in the text will not affect students' understanding and analysis, and ensure that students' ability can adapt to the reading content.

3.3. Enable Students to Master Reading Skills

In junior middle school English reading teaching, teachers need to teach students reading skills, so that students can use different reading methods, divide the content according to the reading materials, quickly determine the content of each part, and finally grasp the core content of the reading materials. Teachers can let students read the article as a whole, guide students to

determine the general meaning of reading materials and conduct detailed analysis, and deepen students' mastery of the content of the article layer by layer.

4. Conclusion

English teachers must guide students to correctly understand English reading comprehension in teaching. At the same time, according to the reasons for students' reading comprehension obstacles, they must adjust the teaching methods, improve the interest of reading content, and teach students the methods of learning English words, so that students can memorize and use words faster and better, Make students gradually fall in love with reading and form correct English reading habits, so as to continuously promote the improvement of their English reading ability.

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