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ESSAY

The Benefits of Reading Books

Introduction

In today's fast and busy world, people are spending more time on mobile phones and social media, and less time reading books. Many have forgotten how powerful books can be. Reading books is not just for fun—it helps us learn, think better, and relax. Whether you are a student or an adult, reading helps in many ways. It improves language, builds focus, and increases knowledge. Books are like quiet teachers. They don't speak, but they teach a lot. This essay will explain the main benefits of reading books and why we should make it a daily habit.

Improves Vocabulary

One of the best benefits of reading is learning new words. When we read, we come across new vocabulary again and again. Slowly, we begin to understand and use those words in our speaking and writing. For example, if a student reads one book every week, their English will improve naturally. They will learn sentence structure, grammar, and different ways to express ideas. This is why students who read a lot often write better in exams and speak more confidently in class.

Helps with Focus

In today's digital world, people are easily distracted. Short videos, messages, and games reduce our attention span. But reading a book is different. When we read, we need to sit quietly and pay attention. This improves our ability to focus. A person who reads regularly becomes better at concentrating on tasks, studies, or even work. It also helps in making fewer mistakes and becoming more organized.

Reduces Stress

Books are a good way to relax the mind. After a long, tiring day, reading a book can give peace. Many people say that reading before sleeping helps them sleep better. Stories take us to a different world and help us forget our worries for a while. Instead of watching the phone before bed, reading a book is healthier for the brain.

Builds Empathy

Reading makes us emotionally stronger. When we read about different characters, people, or cultures, we learn to feel what they feel. For example, if we read about someone facing a difficult life, we start to understand their pain. This makes us kinder and more respectful in real life. We learn that everyone has a story and we should treat them with care.

Boosts Creativity

Books spark imagination. When we read about magical lands or creative ideas, our brain starts thinking in new ways. This is very useful for students who want to become writers, artists, designers, or even scientists. Reading helps in thinking outside the box and finding new solutions.

Develops Discipline

Making a habit of reading daily builds self-control and discipline. Setting a goal like reading for 20 minutes every day can improve time management. Instead of wasting time on unimportant things, we use that time to learn something useful. This discipline is useful in school, college, and later in jobs.

Gives Knowledge and Wisdom

Books are full of knowledge. Whether you read history, science, or religion, each book teaches you something new. This knowledge builds wisdom and helps in making better decisions. People who read are often more confident because they understand the world better.

Conclusion

To sum up, reading books is one of the best habits a person can have. It improves vocabulary, builds focus, reduces stress, and teaches kindness. It helps in studies, makes us more creative, and teaches discipline. Most importantly, it gives us knowledge that stays with us forever. In a fast-moving world full of distractions, books are our best friends. Everyone, young or old, should read daily—even a few pages can make a big difference in life.