

IMPROVING ACADEMIC READING COMPREHENSION: STRATEGIES AND CHALLENGES

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Abstract. Academic reading plays a crucial role in students' success in higher education. However, many learners face difficulties in understanding complex texts due to limited vocabulary, lack of strategies, and insufficient background knowledge. This article explores the main challenges of academic reading and suggests practical methods to improve reading comprehension. It highlights the importance of active reading, vocabulary development, and critical thinking skills in enhancing overall academic performance.

Key words: academic reading, reading comprehension, strategies, vocabulary development, critical thinking.

УЛУЧШЕНИЕ ПОНИМАНИЯ АКАДЕМИЧЕСКОГО ЧТЕНИЯ: СТРАТЕГИИ И ТРУДНОСТИ

Аннотация. Академическое чтение играет важную роль в успешности студентов в высшем образовании. Однако многие учащиеся сталкиваются с трудностями при понимании сложных текстов из-за ограниченного словарного запаса, отсутствия стратегий чтения и недостаточных фоновых знаний. В статье рассматриваются основные проблемы академического чтения и предлагаются эффективные способы улучшения понимания текста.

Ключевые слова: академическое чтение, понимание текста, стратегии чтения, словарный запас, критическое мышление.

AKADEMIK O'QISH TUSHUNISHINI YAXSHILASH: STRATEGIYALAR VA MUAMMOLAR

Annotatsiya. Akademik o'qish oliy ta'limda talabalar muvaffaqiyati uchun muhim ahamiyatga ega. Biroq ko'plab o'quvchilar murakkab matnlarni tushunishda lug'at boyligining cheklanganligi, o'qish strategiyalarining yetishmasligi va fon bilimlarning kamligi sababli qiyinchiliklarga duch keladi. Ushbu maqolada akademik o'qishdagi asosiy muammolar va ularni bartaraf etish usullari ko'rib chiqiladi.

Kalit so'zlar: akademik o'qish, matnni tushunish, o'qish strategiyalari, lug'at boyligi, tanqidiy fikrlash.

Academic reading is a fundamental skill in higher education, especially for students studying in a second language. It involves not only understanding written texts but also analyzing arguments, evaluating evidence, and developing critical thinking skills. However, many learners experience difficulties when dealing with academic materials, which are often complex and dense.

Researchers such as Grabe and Stoller [3] emphasize that academic reading requires both linguistic competence and strategic processing. Therefore, it is important to identify the main challenges students face and explore effective strategies to improve reading comprehension. One of the main challenges in academic reading is limited academic vocabulary. Academic texts often contain specialized terminology and

abstract expressions, which can be difficult for learners to understand. According to Nation [4], vocabulary knowledge is one of the key factors influencing reading comprehension. Another difficulty is the use of complex grammatical structures. Long sentences, passive constructions, and embedded clauses can make it difficult for readers to identify the main idea. This often leads to confusion and misunderstanding. In addition, lack of background knowledge plays a significant role. Many academic texts assume that readers are already familiar with the topic. Carrell and Eisterhold [1] highlight the importance of schema theory, suggesting that comprehension depends on the reader's prior knowledge.

Students also face problems due to ineffective reading strategies. Many learners read texts passively without using techniques such as skimming, scanning, or summarizing. This reduces both speed and comprehension. Another important issue is cognitive overload and lack of concentration. Academic texts are often dense and require a high level of attention. As a result, students may lose focus and need to reread the same material multiple times. Finally, lack of critical thinking skills limits students' ability to evaluate and analyze information. Academic reading requires readers to identify arguments, distinguish between main ideas and details, and form their own opinions [2].

To overcome these challenges, several effective strategies can be applied:

Active Reading

Students should interact with the text by taking notes, underlining key ideas, and asking questions. This helps improve engagement and understanding.

Skimming and Scanning

These techniques allow readers to quickly identify the main idea and locate specific information, making reading more efficient.

Vocabulary Development

Learning new words in context and reviewing them regularly can significantly improve comprehension [4].

Regular Practice

Reading academic materials regularly helps students become familiar with different writing styles and structures.

Critical Thinking

Readers should analyze and evaluate information rather than simply accepting it. This improves deeper understanding and academic performance.

In conclusion, academic reading is a complex but essential skill for students. Challenges such as limited vocabulary, complex grammar, lack of background knowledge, and insufficient reading strategies can make comprehension difficult. However, by applying effective techniques such as active reading, vocabulary development, and critical thinking, students can significantly improve their reading abilities. Developing these skills is crucial for academic success and lifelong learning.

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