Reading involves many processes.

**Physiological**
- Eyes see the printed word or the images.
- Light patterns from the printed symbols hit the foveal areas or closely-packed sensory cells of the retina.

**Cognitive**
- Chemical change is induced that creates patterns of nerve currents into the optic nerve fiber.

**Communication**
- Currents travel to the center of the mid-brain.

**Psycho-social**
- Using the currents, the cerebral cortex interprets the symbols.

**How is reading as a physiological process?**
What are the different eye movements involved in reading?

Fixation
- Eyes stopping or getting fixated on the word or words
- The duration of fixation is the length of time the eyes has to pause.

Inter-fixation
- Eyes moving from stopping point to the other

Return Sweeps
- Eyes swinging back from the end line to the beginning of the next line

Saccades
- Short quick hop and jump movements done especially by literate people to move ahead on a line of print

Regressions
- Backward right-to-left movement in case there is a need to double check what is being read

TWO STEPS INVOLVED IN COGNITION:
- The extraneous process creates a stimulus on the visual centers of the brain. This consists in two essential aspects, namely, word recognition or the written symbols and attentive adjustment by the reader on these symbols.
- Fusion/interpretation/construction of meaning by the mind out of the stimuli.

These two steps involve other complex processes which include:
- Immediate arousal or association in recognition of the written symbols — their pronunciation, vocabulary meaning, context, etc.
- Other stimuli inclusive of kinesthetic or auditory
- These stimuli are distributed to brain centers (instinct, feelings, imagination, reason, abstract intelligence, will)
- Synthesis or the fusion of related inputs from brain centers resulting in the recognition of the meaning of the printed symbols

READING AS A COGNITIVE PROCESS

Levels of Comprehension
**EVALUATIVE** — judgment on the reading material such as the information on data, the event, persons involved, etc.

**APPLIED** — forming opinions and applications

**INTERPRETATIVE** — what is read combined with one’s subjective ideas.

**LITERAL** — knowing what is read as is (who, what, when, where,)

Higher comprehension skills are characterized by:

1. Self-awareness
2. Careful reading and greater retention
3. Making previous assumptions or hypothesis
4. The deliberate and combined ability to reflect, question, classify, summarize, and predict
5. Information reading which gives attention to SQ3R

**LANGUAGE** is a code system used by humans to communicate. And as there are diverse languages, there are diversities in the code system or symbol system as devised and used by man.

**What is SQ3R?**

- **S** survey
- **Q** question
- **3R** Read, Recite, Review

**How is reading as a communication process?**

**How is reading as a psycho-social process?**
1. People read messages from official communication, mass media and the internet.
2. Reading is a social activity that engages humans in the world.
3. Reading is also professional as it is a form of communication done in all the professions and human pursuits including scientific and technological research and studies.
4. Reading is a unique activity which you can adopt every day.

Reference:

**Developmental Reading 1**

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