

阅读如何改变学习方式：一次自我经验的回望

如果说阅读能改变一个人，我愿意用自己的经历来作证。在学生时代，我把阅读理解成完成任务：读完一本书，写一篇心得，然后盼着下一次考试。那时候，我并不知道阅读真正的价值，只把它当成一种必须完成的学习流程。直到后来，我接触到温儒敏关于阅读的观点，才慢慢明白阅读其实是一场自我塑造的旅程。

温儒敏常说，阅读是提高思维质量的重要途径。这句话听上去简单，却真正触动了我。因为在我开始练习“慢读”和“精读”之前，我的学习方式有一个明显的问题：急躁。我总希望尽快把书看完，尽快抓到“重点”，然后尽快进入下一阶段。但这种“快”的背后，其实是浅薄。很多内容来不及沉淀，也来不及深想，知识因此在脑子里像水一样流走。

当我尝试慢读时，学习的体验完全不同了。我开始允许自己在一句话上停留，甚至把书放下思考。刚开始会觉得效率很低，但慢慢地，我发现自己能够真正理解作者的意思，也能把读到的内容与自己的经验联系起来。那种理解带来的踏实感，是过去从未有过的。

精读让我学会了另一件事：学习不是为了记住所有知识，而是为了获得能解决问题的思维方式。我在精读一本书时，会不断做笔记、提问题、尝试复述作者的观点。有时候看似只读了几页，却比以前囫圇吞枣的整本书更有收获。温儒敏说阅读训练的是思维，我深以为然。

阅读带来的变化不只发生在学习上，也悄悄渗透进生活。它让我变得愿意耐心对待事情，不再一味追求速度；让我在混乱中能保持相对清醒，懂得判断哪些信息值得吸收，哪些应该放弃。阅读像是一面镜子，照见我思维的薄弱点，也指引我如何让自己变得更好。

回头看，我意识到阅读改变了我的学习方式，也改变了我面对世界的方式。从被动吸收信息，到主动筛选、分析，再到将阅读融入生活态度，这一切都证明阅读确实是一种长期的力量。它不会突然把人变得聪明，但会在人不知不觉中把人塑造成一个更完整的自己。

How Reading Changes the Way We Learn: A Personal Reflection

If reading can change a person, I am willing to use my own experience as evidence. When I was a student, reading felt like completing tasks: finish a book, write a reflection, and prepare for the next test. I did not understand the true value of reading then; it was simply part of the academic routine. Only later, after encountering Wen Rumin's ideas on reading, did I begin to realize that reading is a journey of self-shaping.

Wen Rumin often says that reading is an important way to improve the quality of thinking. This sounds simple, yet it struck me deeply. Before practicing slow and close reading, I had a major problem in my learning style: impatience. I wanted to finish books quickly, extract the “main points,” and move on as fast as possible. But behind this speed was superficiality. Ideas passed through my mind like water,

leaving no trace.

When I started reading slowly, the learning experience changed drastically. I allowed myself to pause at a sentence, even put down the book to think. Though it felt inefficient at first, I gradually found myself truly understanding the author's meaning and relating the content to my own experiences. The sense of clarity that followed was something I had never felt before.

Close reading taught me something else: learning is not about remembering everything, but about acquiring ways of thinking that solve problems. While reading closely, I often take notes, ask questions, and restate the author's points. Sometimes I read only a few pages, yet gain more than I ever did skimming an entire book. Wen Rumin is right—reading trains the mind.

The changes brought by reading extend beyond learning and into everyday life. It has made me more patient, no longer obsessed with speed. It has helped me stay clear-headed amid the noise, discerning what information matters and what should be ignored. Reading is like a mirror, showing me where my thinking is weak and how I can grow stronger.

Looking back, I realize that reading has transformed not only how I study but how I approach the world. Moving from passive consumption to active selection and analysis, then integrating reading into my life attitude, all demonstrate that reading is a long-term force. It may not instantly make us wise, but it shapes us into more complete versions of ourselves over time.