


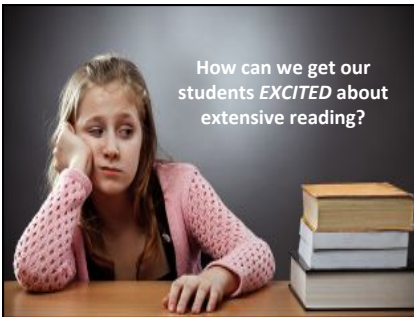
## Researching the "As if" Principle and ER

Douglas Forster  
Japan Women's  
University

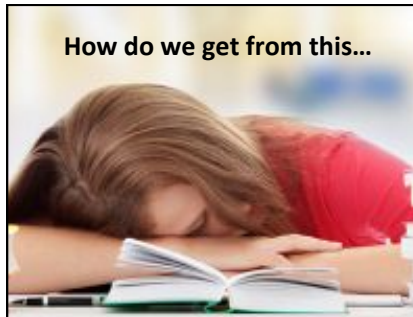
Joseph Poulshock  
Tokyo Christian  
University



How can we get our students *EXCITED* about extensive reading?



How do we get from this...



...to this?



IDEAS ARE FRESH



INTERNATIONAL BESTSELLER  
An #1 selling new book by personal transformation expert, Richard Wiseman

## The As If Principle

The Radically New Approach  
to Changing Your Life

RICHARD WISEMAN  
Author of *Luck* and *50 Shades of Grey*

- If we focus on actions that change how we think and feel, we can get desired results more quickly, consistently, and reliably.

- Acting as if we already have a quality will produce it.



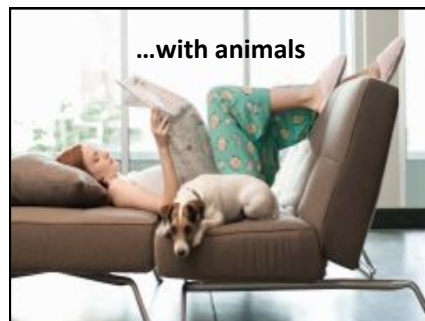
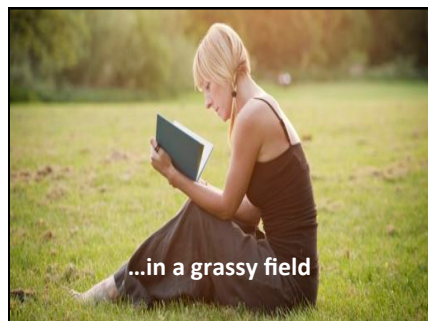
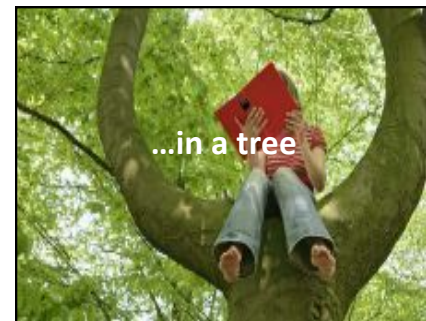
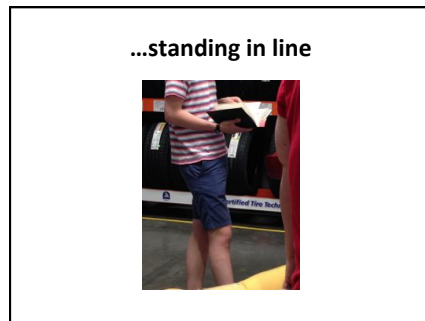
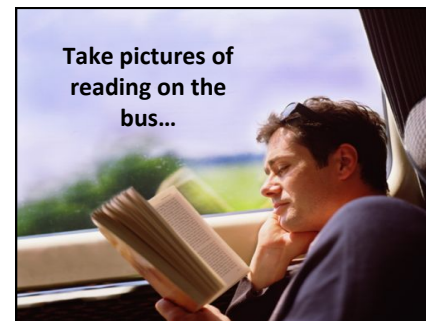
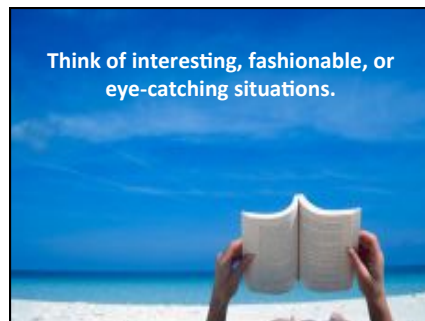
"A Picture of Reading"



In this activity, you will:

1. Find a partner.
2. Take and make a picture of your partner reading a book (Make one picture per partner).
3. Write a caption for the pictures.









**Text should short, catchy, and memorable:**

I read, therefore I think!

Reading is bliss!

**Use free online photo editors:**

Photoshop Online Tools

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**What should I do when I'm finished?**

Reading brings me joy!

E-mail jpeg photo to teacher

**Create a slideshow of students' photos**

Reading takes me to new worlds!

**Please read your book quietly, until I tell you to stop.**

**\*No talking!**

**\*No sleeping!**

**\*If you don't have a book, read BeeOasis on your phone.**

**Questionnaire A**

**\*Please answer the questions truthfully and honestly.**

**Questionnaire A (Max 25 pts):**

**1. I like books.**

- (1) I strongly disagree (全く同意できない).
- (2) I disagree (同意できない).
- (3) I don't know (知らない).
- (4) I agree (同意します).
- (5) I strongly agree (強く同意します).

**2. I enjoy reading.**

- (1) I strongly disagree (全く同意できない).
- (2) I disagree (同意できない).
- (3) I don't know (知らない).
- (4) I agree (同意します).
- (5) I strongly agree (強く同意します).

**3. I want to always carry a book with me.**

- (1) I strongly disagree (全く同意できない).
- (2) I disagree (同意できない).
- (3) I don't know (知らない).
- (4) I agree (同意します).
- (5) I strongly agree (強く同意します).

**4. Reading a lot can improve my English.**

- (1) I strongly disagree (全く同意できない).
- (2) I disagree (同意できない).
- (3) I don't know (知らない).
- (4) I agree (同意します).
- (5) I strongly agree (強く同意します).

**5. Reading makes me smarter.**

- (1) I strongly disagree (全く同意できない).
- (2) I disagree (同意できない).
- (3) I don't know (知らない).
- (4) I agree (同意します).
- (5) I strongly agree (強く同意します).

**Please read quietly until I tell you to stop**

**A Picture of Reading Scoring**

- For each photo you see, please circle 1, 2, 3, 4 or 5 based on the following criteria:
- Is the photo visually appealing?
- Does the caption promote reading?
- Does the photo and caption make you want to read?

**\*No one will see your scores, so please score each photo honestly and truthfully!**



**Student Evaluations**

DIRECTIONS: Evaluate each picture you see by circling 1, 2, 3, 4 or 5 (1 = Very Low; 2 = Low; 3 = Average; 4 = Good; 5 = Excellent). \*NOTE: Your classmates will not see your scores, so please score each picture truthfully and honestly.

Picture #1: 1 2 3 4 5  
 Picture #2: 1 2 3 4 5  
 Picture #3: 1 2 3 4 5  
 Picture #4: 1 2 3 4 5  
 Picture #5: 1 2 3 4 5  
 Picture #6: 1 2 3 4 5  
 Picture #7: 1 2 3 4 5  
 Picture #8: 1 2 3 4 5  
 Picture #9: 1 2 3 4 5  
 Picture #10: 1 2 3 4 5

**Read quietly until I tell you to stop.**

**Answer Questionnaire B truthfully and honestly.**

- Questionnaire B (Same as A)**
1. I like books.
  2. I enjoy reading.
  3. I always want to carry a book with me.
  4. Reading a lot can improve my English.
  5. Reading makes me smarter.

- Compare Questionnaire A & B**
- Add points for Questionnaire A.
  - Add points for Questionnaire B.
  - If B is higher than A, the students had a more positive attitude about reading after seeing each other's photos.

- “A Picture of Reading” Results:**
- Freshmen Reading (Beginner Level) 15 students: **4.9% increase in positive responses.**
  - Freshmen English Conversation (Advanced Level) 15 students: **3.3% increase in positive responses.**
  - Freshmen Oral English (Advanced Level) 16 students: **4.7% increase in positive responses.**

- Freshmen English Communication (Beginner Level) 9 students: **4% increase in positive responses.**
- Freshman English Communication (Intermediate Level) 9 students: **4.7% decrease in positive responses.**

