



"Training is everything. The peach was once a bitter almond; cauliflower is nothing but cabbage with a college education."  
— Mark Twain

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## CULTIVATING A READING CULTURE



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**E**ver wondered why kids are introduced to reading right from infancy and continues to adulthood? Well, reading is a life-long event and not just a "study thing." So many people find reading whether for fun or knowledge very interesting and mind-blowing, while others find it tiresome. Whichever category you are, it's important we understand some benefits of reading as highlighted below:

### READING CONQUERS IGNORANCE

According to Confucius, "No matter how busy you may think you are, you must find time for reading, or surrender yourself to self-chosen ignorance." In other words, if you don't read, you won't know much and have little or nothing to contribute. Also, the answer to your task might just be hidden inside a book. Have you ever met people who seem to know so much at the same time and you wonder how come they are always aware of current issues or topics? I presume they read a lot. Did you realize that people who read more usually find it easier to network or interact with others? They appear to be more confident and outspoken. Mark Twain posits that "a person who won't read has no advantage over one who can't read." Hence, reading keeps you up-to-date with issues or topics across the world, since reading has no geographical restrictions.

### READING IS NOT SPECIFIED

Abraham Lincoln once said that "a capacity and taste for reading gives access to whatever has already been discovered by others." Reading about everything and anything is very essential. That doesn't mean you have to pick every printed paper you see and read it. Rather, let your mindset be free to entertain other relevant materials. G. M.

Trevelyan affirms that "Education... has produced a vast population of people able to read but unable to distinguish what is worth reading for." On the one hand, for those in learning institutions, reading should not just be restricted to your course materials, but you can spare some time and engage yourself with other materials outside your field of study. On the other hand, those with occupations and unemployed should also expand their horizon by reading beyond their career paths. Remember, the more you read the more things you will know because "if you only read the books everyone is reading, you can only think what everyone else is thinking (Haruki Murakami).

### READING BUILDS UP THE MIND

Joseph Addison notes that "reading is to the mind what, exercise is to the body. As by the one, health is preserved, strengthened, and invigorated; by the other virtue (which is the health of the mind) is kept alive, cherished, and confirmed." In other words, reading keeps our minds active and healthy. Reading doesn't stop when you attain a specific age range, it's a life-long value. Maya Angelou asserts that "Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him." Thus, as our minds need to keep developing, it's crucial that we acquire the right information continually. Thus, reading is not meant for only those in schools, colleges, universities, or training institutes, but reading is meant for everyone. Reading to build our minds doesn't just include books or e-books, but all varieties of printed and online materials. In conclusion, it is worth noting the words of Breckin Meyer, wherein he states that "I think reading is important for a variety of things. I mean, first of all, it's a way to get information and find out what's going on in the world. But also, it helps your imagination." So, please keep reading.

## MORE THAN 150 STUDENTS ADMITTED TO BAHRAIN POLYTECHNIC

Manama

**D**r. Mohamed Al Aseeri, Acting CEO of the Polytechnic, accompanied by Shaikh Ali bin Abdulrahman Al Khalifa, Deputy CEO of Resources & Information Affairs, visited the Student Information Center (Building 8), where they inspected the process of admitting students for the next Academic Year 2015-2016, which began on Sunday, July 26th 2015.

During their visit, Dr. Al Aseeri observed the students and parents go through the admission process and monitored their feedback. Positive comments were provided on the ease of the registration system and cooperation of the registration team, which guided the students step-by-step to complete the entire procedure.

Dr. Al Aseeri also met with Acting Registrar, Catherine Walker, where she confirmed the ease of the admissions process ever since the introduction of the one-stop service. The service allows



the students and their parents to complete the registration process, such as paying tuition fees or receiving the student ID. This eliminated a lot of time and effort in comparison to the previous registration system.

Additionally, Ms. Walker pointed out that more than 150 students have admitted to the Polytechnic within the

first two days of acceptance period, which ends at August 13th 2015. She urged the students which received the letter of acceptance to confirm their offer during this [acceptance] period to avoid losing their seat to students who are admitted on the waiting list.

Dr. Al Aseeri thanked the efforts of the Registry

Directorate to keep improving and easing the admission process from start to finish, which certainly assures the students safety of taking the decision to join the Polytechnic. He also congratulated the new students for joining Bahrain Polytechnic, wishing them success throughout their academic journey.

## Game to play this summer



Ali Al-Aradi  
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**I**n the summer break you may have enough time to practise your hobbies, or even try playing new games, so why don't try playing Chess, it's a two-player strategy board game played on a chessboard, with 64 squares arranged in an eight-by-eight grid. Chess is played by millions of people worldwide in homes, clubs, and online. In recent years, chess has become part of some school curricula. The following are some benefits of playing Chess:

**Improves your memory:** Being a Chess player means remembering how your opponent has operated in the past and recalling moves that have helped you win before. But there's hard evidence also. Study shows that young students who were given regular opportunities to play chess improved their



grades in all subjects, and their teachers noticed better memory and better organizational skills in the kids. Also students who had never before played chess improved their memories and verbal skills after playing.

**Problem-Solving skills:** A chess match is like one big puzzle that needs solving, and solving on the fly, because your opponent is constantly changing the parameters. In study fifth-grade students were split into three

groups. Group (A) went through the traditional math curriculum. Group (B) supplemented the math with chess instruction after first grade, and Group (C) began the chess in first grade. On a standardized test, Group (C)'s grades went up to 81.2% from 62% and outpaced Group A by 21.46%.

**Creativity:** Since the right hemisphere of the brain is responsible for creativity, it should come as no surprise

that activating the right side of your brain helps develop your creative side. Specifically, chess greatly increases originality. A study had students from grades (7 to 9) play chess, use computers, or do other activities once a week for 32 weeks to see which activity fostered the most growth in creative thinking. The chess group scored higher in all measures of creativity, with originality being their biggest area of gain.