

Statement of participation

Richard Hill

has completed the free course including any mandatory tests for:

What happens to you when you read?

This free 3-hour course explored the impact of reading fictional books.

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www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:

<https://www.open.edu/openlearn/health-sports-psychology/psychology/what-happens-you-when-you-read/content-section-0>

COURSE CODE: WYR_1

What happens to you when you read?

<https://www.open.edu/openlearn/health-sports-psychology/psychology/what-happens-you-when-you-read/content-section-0>

Course summary

This course explores our relationship with books and the ways in which engaging with fiction in particular can change readers. Research shows that as well as providing us with a form of entertainment, the activity of reading can bring benefits to our wellbeing in challenging times. People have experienced and explored these benefits throughout history. As you work your way through this course, you will have the chance to participate in both reading and writing activities and experience for yourself what happens to you when you read.

Learning outcomes

By completing this course, the learner should be able to:

- understand some of the ways in which reading books can potentially transform you
- understand more about the psychological processes happening when you read
- demonstrate familiarity with the positive impacts of reading on mental wellbeing in some distressing times in history.

What happens to you when you read?

Completed study

The learner has completed the following:

Section 1

Stories: what do you remember?

Section 2

The benefits of being a bookworm

Section 3

The experience of reading

Section 4

Empathy

Section 5

What happens to you as you read?

Section 6

Exploring the story world

Section 7

How did you relate to the story world?

Section 8

Transportation and empathy

Section 9

What did reading do to you?

Section 10

Reading throughout history

Section 11

Therapeutic benefits of writing and reading

Section 12

Conclusion

Section 13

Where next?