



Reading Week: What to Expect and How to Make the Most of It



Finally, reading week - that elusive term that haunted my early days at University. If you're like me, you probably wondered what it meant, what you're supposed to do during it, and whether reading is involved at all. In this blog, I'll explain what reading week is, shed light on what happens during it, and share some tips on how to plan your own productive and enjoyable reading week.

What is Reading Week?

I remember when I first started university, I had little to no clue what reading was. It simply was a foreign term everyone was constantly referring to and shedding their excitement and relief about it. As it turns out, reading week is this glorious week-long break from all your courses. Yes, you heard that right - a week without classes! Contrary to its name, reading during this week is not mandatory (thankfully).

Reading week occurs twice a year, once in the fall term and once in the winter term. Usually around mid-semester.

What happens during Reading Week?

Now that we know what reading week is, let's dive into what happens during it. Everyone's approach to reading week is different, and I've categorized it into three main approaches:

- *The Scholars*: For some, reading week is the perfect time to catch up on their classes and prepare for the rest of the fall term.
- *The Reconnectors*: Others use this time to visit family or friends, a chance to give your full attention to your loved ones and reconnect.
- *The Self-Carers*: Then there are those who prioritize self-care. This includes focusing on mental health, enjoying some downtime, or finally cosying up with a book they've been neglecting (Keep in mind everyone's self-care looks different).

It's completely up to you on how you decide you want to be spending your reading week

How I Spend My Reading Week

Personally, I've found that the magic of reading week is best spent embracing a mix of all three approaches. Here's how I like to make the most of this well-deserved break:

- *The First Two Days*: I start by taking a complete break from schoolwork. It's time for extra sleep, leisurely walks, and finally cracking open "The Forty Rules of Love" by Elif Shafek, a book that's been collecting dust on my shelf for too long.
- *The Next Three Days*: Now feeling recharged, I transition to being a scholar. These days are dedicated to assignments, readings, and getting a jump start on the remainder of the semester.
- *The Final Two Days*: I reserve these days for friends and family. During the semester, it's often challenging to give them my full attention. Reading week allows me to reconnect and spend some well-deserved time with them.

This mix of all three approaches allows me to make the most of my reading week. I feel recharged, productive, and grateful for time with friends and family.

Remember, reading week is a personal journey, and you should plan yours based on what suits your life best. The approaches I've mentioned are merely suggestions, meant to inspire you to create your ideal reading week experience. So, what are your plans for this reading week?

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