An Empirical Study on the Improvement of College Students' English Reading Ability

——based on Lexile System Achieve3000

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Abstract: Lexile system is the most widely used grading technology in the United States. It measures students' reading ability and text difficulty with 'Lexile' as a unit, and has important reference value for the compilation of textbooks, examination papers and evaluation. This paper discusses the Achieve3000 system and grading method based on the Lexile Framework for Reading, and finally it shows the improvement of students' reading ability through the English teaching practical in a Xi'an university.

1. Introduction

Achieve3000 is based on the Lexile Framework for Reading. Through five steps: "activities before reading, reading articles, reading comprehension test, discussion after reading, writing practice", Lexile provides internet-based English reading and writing learning courses to gradually improve their reading comprehension and writing ability for primary and secondary school students, college students and adults. There are five aspects for Achieve3000 core value. First, mass hierarchical reading chapters. Second, customize content. Third, regular article push. Fourth, scientific continuous assessment. Fifth, big data analysis and diagnosis report. At present, its courses have been spread to more than 2.1 million students and more than 7,000 schools in 125 countries and regions around the world.

2. The Lexile reading scale

2.1 The Lexile Framework for Reading

The Lexile Framework for Reading was developed by The National Institute of Child Health and Human Development (NICHD). This approach brings together distinguished professors from the American reading society, universities, and the child language development research community. It is specially designed to improve students' reading ability and comprehension. It is a scientific measure of Reader Ability and Text Readability.

It is the most widely used and trusted rating system in the United States. There are two kinds of lens measurement in this method: Lexile reader measure and Lexile text measure.

Lexile reader measure represents a person's reading ability. Lexile text measure represents the difficulty level of the text. The combination can help readers choose a book or reading material that is suitable for difficulty. The Lexile reader test is also used to monitor reader development over time. The values obtained are expressed as "L". Lexile went from the lowest SL to the highest 2000L. If the ability is less than 200L, we will place it in beginner reader. The average Lexile value is between 200L and 1700L.The higher Lexile value indicates stronger reading ability.
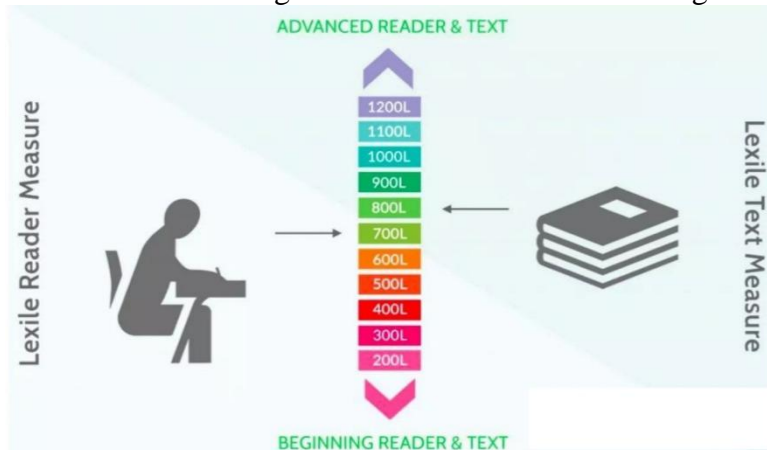

Figure 1: The Lexile Text Measure and Lexile Reader Measure

2.2 The corresponding between Lexile Text Measure and Lexile Reader Measure

In the actual classroom, a textbook is used as the primary reading material for all students. Students' reading ability may not be well matched with the text difficulty, which will lead to a wider expected understanding rate of the same text. It is shown in figure 2 (the character represents the Lexile Reader value; People represents the Lexile Text value; Light bulb represents expected understanding rate).
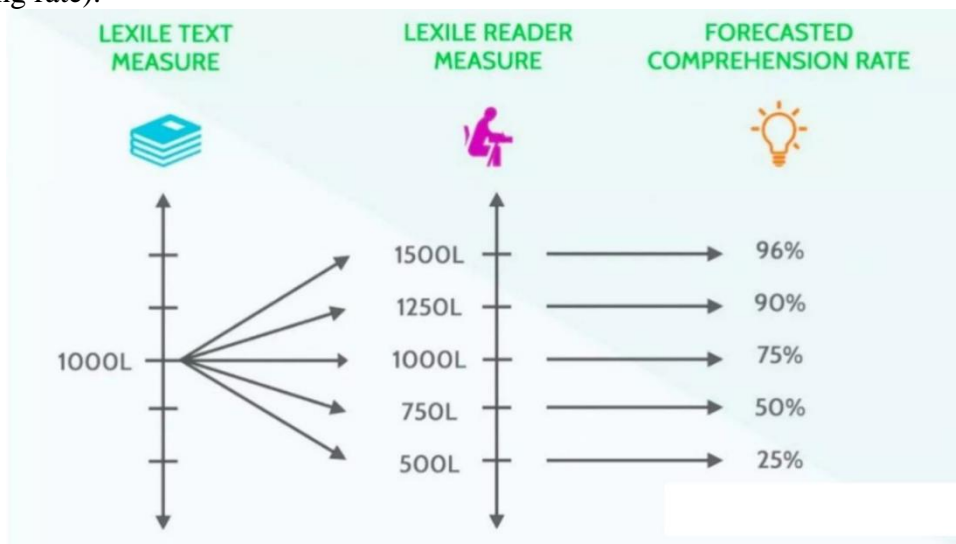

Figure 2: The corresponding between Lexile Text Measure and Lexile Reader Measure

For example, a book with a 1000L difficulty index. If you can read 75%, lens thinks your reading ability index can reach 1000L. If you can read 96% or more, your reading ability index can reach 1500L.

3. Empirical study on the improvement of college students' English reading ability

The Lexile reader test gives a numerical description for a student's reading comprehension. Meta Metrics does not offer a specific test. They use existing assessment programs, or existing student reading score assessment programs, including the Scholastic Reading Inventory. Achieve3000 system used in a Xi'an university. This paper takes 24 students as test samples. The test data of students for one year is shown in table 1. The growth rate of students' reading ability is shown in figure 3.

Table 1: The practical data of Achieve3000 system application

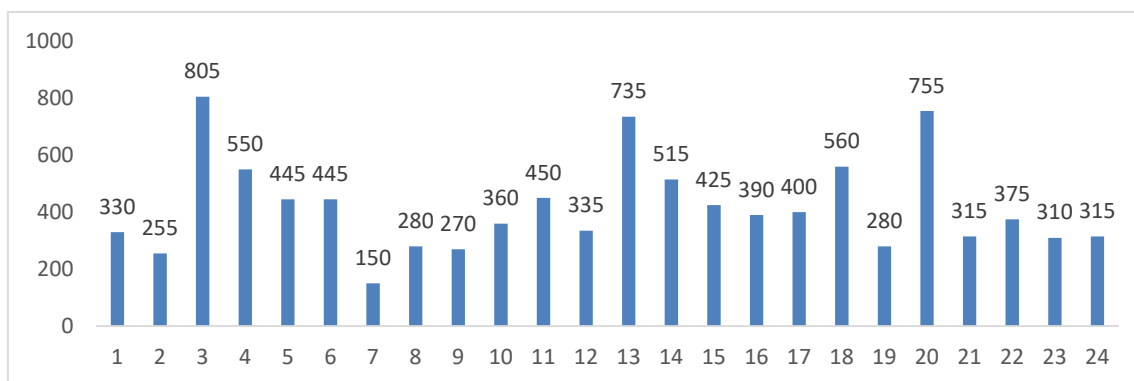| Time No.	Feb.	Mar.	May	June	Sep.	Nov.	Dec.	GROWTH
1	675	755	895	930	910	985	1005	330
2	765	775	925	970	945	985	1020	255
3	560	860	1065	1135	1160	1315	1365	805
4	645	815	1030	1075	1050	1125	1195	550
5	685	805	930	970	995	1100	1130	445
6	685	795	975	1000	985	1115	1130	445
7	995	995	1075	1105	1125	1140	1145	150
8	735	770	895	920	950	1000	1015	280
9	590	630	815	820	845	835	860	270
10	705	795	945	985	1020	1060	1065	360
11	530	620	875	935	885	955	980	450
12	765	875	995	1045	1050	1090	1100	335
13	465	690	960	1020	1005	1145	1200	735
14	830	980	1095	1130	1135	1285	1345	515
15	765	910	1000	1035	1070	1145	1190	425
16	765	835	990	1015	1040	1135	1155	390
17	680	810	960	1040	1000	1070	1080	400
18	770	960	1120	1170	1180	1310	1330	560
19	500	715	805	800	775	770	780	280
20	560	825	1105	1140	1135	1260	1315	755
21	735	790	975	1025	995	1045	1050	315
22	615	720	885	925	955	980	990	375
23	800	845	1015	1040	1015	1100	1110	310
24	645	760	930	960	945	965	960	315

Figure 3: The growth rate of students' reading ability

Through specific teaching practice, it can be seen that Achieve3000 system based on Lexile Framework for Reading has incomparable advantages to traditional teaching mode in college English teaching. Colleges and universities should use this mode to teach college English courses, which is great help to the improvement of college students' English reading ability and comprehensive ability.

4. Teaching practice of improving college students' English reading ability

There is a huge gap in English reading ability between Chinese and American students. The best way to improve your English reading ability is to read more, but it is not easy to find English books suitable for college students. Achieve3000 system based on Lexile Framework for Reading could effectively solve the following problems.

First, teachers can monitor students' reading process and arrange homework to improve their reading achievement through Achieve3000 evaluation system. Teachers can determine whether the difficulty of reading materials is suitable for students' reading level, and then make timely adjustments. In this way, we can improve students' English reading ability step by step.

Second, the students were divided into groups using the Lexile score. In this way, we will better serve the practice of college English graded teaching reform. English teachers can select teaching contents according to the scores and groups, so as to improve students' English level more quickly and effectively.

Third, the Lexile score subdivision is beneficial to the students' development. Students with reading difficulties can understand the articles content, improve their self-confidence and reading skills. Students with high reading scores were asked to "read more," which will help them even more.

5. Conclusion

The self-adaptive construction of rural communities should follow the law of construction. Based on the community construction model in Taiwan, China, this paper discusses the construction of rural communities in China. The self-adaptive construction of rural community comes from the concept of harmony between man and nature. Which advocates the close combination between the community construction and ecology. It echoes sustainable development, which is very important in rural revitalization.

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