

## IS PHONEMIC MINDFULNESS NECESSARY?

by:

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Reading exercises the brain's muscles in a neurological way. By doing this, it may be capable to lessen memory deterioration and indeed slow cognitive loss. Reading is the process of expanding one's knowledge which is a critical element of the academy system. Also, reading proficiency is one of the macro skills that students must retain. Reading is not only important in a student's academics but in real life as well. It's a skill that's used every day. Thus, students must attain reading skills applicable to their degree.

Still, struggling readers are unavoidable, this is the main reason why Hermosa National High School decided to group the incoming Grade 7 learners with poor reading performance during the school year 2024- 2025 enrolment. These students who are struggling readers were put in one section (7- Ilang Ilang) to address their reading difficulties. These students were identified as frustrated readers based on the Philippine Informal Reading Inventory (PHIL-IRI) reading level guide score.

To address their reading difficulties, they need phonemic awareness which is one's capability to hear, recognize, and articulate words by controlling individual sounds or phonemes. It's the first of five principles of reading, which makes it critical to reading. Reading ignorance and appreciation are directly told by phonemic awareness, a basic skill. Students can strengthen their vocabulary acquisition competencies, grasp word patterns, and enhance their decoding skills by relating and manipulating the individual sounds in words. These capacities, in return, help readers read more effectively and comprehend a broader range of texts across content areas (Terry, 2023).

This idea will yield precious testimony that will help instructional strategies and offer targeted support to 7th-grade learners with reading difficulties. In the end, encouraging the growth of reading capacities among 7th-graders by raising phonemic mindfulness has the potential to give struggling readers the means to succeed in their academic objectives and future goals.

It's necessary to keep in mind that children who are successful in expanding their phonemic knowledge have a stable foundation for being successful fluent readers since learning to decode an alphabetic writing system with phones requires phonemic mindfulness.

*References:*