



READING FOR MEANING AND PURPOSE

In today's universities, there is great concern for the well-being of their students. Meaningful reading practices can help students find meaning and purpose in their lives, making them more resilient and supporting their *emotional, social and civic needs*.

The European Erasmus + project '[REMAP: Reading for Meaning and Purpose](#)' (2024-2027, project reference [2024-1-ES01-KA220-HED-000250283](#)), coordinated from the [Center for Civic Humanism](#) of the ICS of the University of Navarra, seeks to provide educational resources for university and high school teachers to engage in meaningful reading. This will allow a university education that is not only focused on a professional and technical training, but that contributes to the promotion of intellectual concerns, and to the Education of the character of the university student.

Activities

REMAP will address students' needs by planning, developing, testing, and evaluating (translating and publishing) innovative and inclusive resources for meaningful reading practices in higher education. Through these activities, the four universities involved, as well as the secondary school and six associate partners, advocate awareness of social, civic, and emotional needs of emerging adults, and promote evidence-based meaningful reading practices at the university level.

REMAP will provide:

- An open-access Meaningful Reading Manual with modules on conceptualisation, reading techniques and dialogical practices, student validated suggestions of texts
- A peer-mentor service-learning program provided by upper-level university students: Reading Mentors Program
- Validated course on Meaningful Reading where students will acquire intellectual skills and passion for reading
- Validated Teacher Training Program for lecturers to offer general courses where meaningful reading is promoted



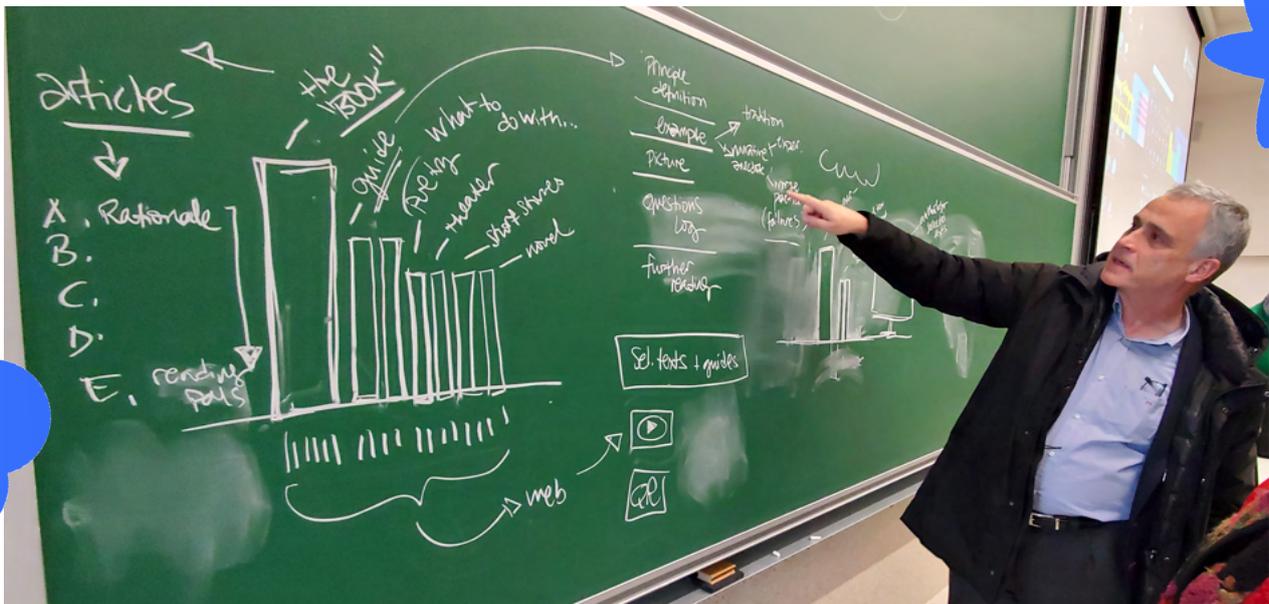
“Literature provides the reader not with a physical but with an intellectual and emotional experience, which in turn may change or transform the person who experiences it.”

What is Meaningful Reading?

In Meaningful reading, we invite students to connect the readings to their own personal questions and their own lives. In other words, meaningful reading means reading literature not just for literary criticism but for personal development.

We see this as a way of reading literature that may leave a lasting impact on a student's life. The student is invited to read with an open attitude and to be aware of both the intellectual and emotional responses that they may have to the characters, perspective or plot in a literary text.

This type of reading increases intellectual openness, attentiveness, curiosity, empathy, and intellectual autonomy.



Why do universities need to incorporate meaningful reading practices?

University students are expected to make a difference in the world by becoming leaders in business, enterprise, civic society, and politics. However, students need a strong sense of self, and a general sense of how they want to serve society in order to make a meaningful contribution. Several studies indicate that students feel that their university is not offering enough opportunities for them to reflect on meaning in life, and there are increasing concerns about students' mental health. Although a primary motivation to enter university may be the preparation for a specialized career, that is, to become a professional (doctor, lawyer, teacher, etc), it has been observed that 18 to 25 year olds are "emerging adults" who postpone major life decisions and, instead, use their university years for exploring identity, values, and meaning in life.

The premise of REMAP is that the meaningful reading of literature in the university classroom provides students with opportunities to reflect on their own lives, find meaning and purpose, and a supportive environment in which to read and discuss great works of literature together.

