

The Benefits of Reading for Pleasure: Unlocking a World of Opportunities

Sep 16, 2025

...with Prof. Teresa Cremin.

In this episode, Professor Teresa Cremin from the Open University, an expert on reading for pleasure, talks about why encouraging children to read voluntarily is so important. We explored the academic, social, and emotional benefits of reading, discussed the challenges posed by technology and changing family habits, and highlighted the crucial roles teachers, schools, and libraries play in fostering a love of reading. Teresa shared research insights and practical strategies for building positive reader identities and creating supportive, social reading environments that inspire lifelong engagement with books.

Find out more:

Teresa Cremin: <https://profiles.open.ac.uk/teresa-cremin>

Reading for Pleasure: <https://ourfp.org/>

Speaking Up: How to Cultivate Confident Communicators in the Classroom

Dec 3, 2025

...With Prof. Neil Mercer

Neil Mercer is Emeritus Professor of Education at the University of Cambridge and a psychologist and in this episode we discuss the pivotal role of spoken language and oracy in education. We explored how classroom dialogue, reasoned discussion, and public speaking can be systematically taught to enhance students' thinking and communication skills. Neil shared insights on the impact of the pandemic on language development, practical strategies for fostering effective dialogue, and the importance of classroom culture and listening. We also discussed the value of public speaking for all students and highlighted resources for teachers to support spoken language development.

Links:

Find out more about Neil's work: <https://oracycambridge.org/>

Blog: <https://oracycambridge.org/blog/>

Neil's Book - *Oracy: The Transformative Power of Finding Your Voice*

<https://www.penguin.co.uk/books/467731/oracy-by-mercer-neil/9781847928566>

BPS Psychologist Article on Oracy 'Is it only words' <https://www.bps.org.uk/psychologist/it-only-words>

The Role of DLD in the School to Prison Pipeline

May 10, 2021

Developmental Language Disorder (DLD) is prevalent in classrooms, hidden and has devastating consequences for those who struggle on undiagnosed. This week I speak to Hannah Hobson about her research and speech and language therapists Lisa Sharp and Alex Winterbottom about their work with children and young people. We cover DLD, how to spot it, its impact on learning and life, and how we can support young people with DLD. For links to other podcasts mentioned in the episode please visit www.changingstatesofmind.com/season-3