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## Health News

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# Overconfident kids, below-average readers

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Published: Aug. 6, 2009 at 11:23 PM

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BUFFALO, N.Y., Aug. 6 (UPI) -- A [study](#) involving teens in 34 countries found overconfident 15-year-olds are often below-average readers, U.S. and Canadian researchers found.

Lead author Ming Ming Chiu of the University at Buffalo and Robert Klassen of the University of Alberta said under-confident 15-year-olds are more likely to be above-average readers in all of the 34 countries studied.

The study of almost 160,000 students' overconfidence and reading levels -- including nearly 4,000 U.S. students -- used data from the Organization for Economic Cooperation and Development's Program for International Student Assessment.

The study, published in the journal Learning and Individual Differences, also found countries that stressed individualism, such as the United States and Switzerland, tended to produce students whose overconfidence worked against their ability to assess their strengths and weaknesses accurately.

Collectivist countries that favored group interests such as South Korea and Japan had greater [reading comprehension](#).

\*because the problem with exercise is the lack of time, not energy.

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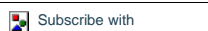
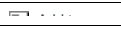
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