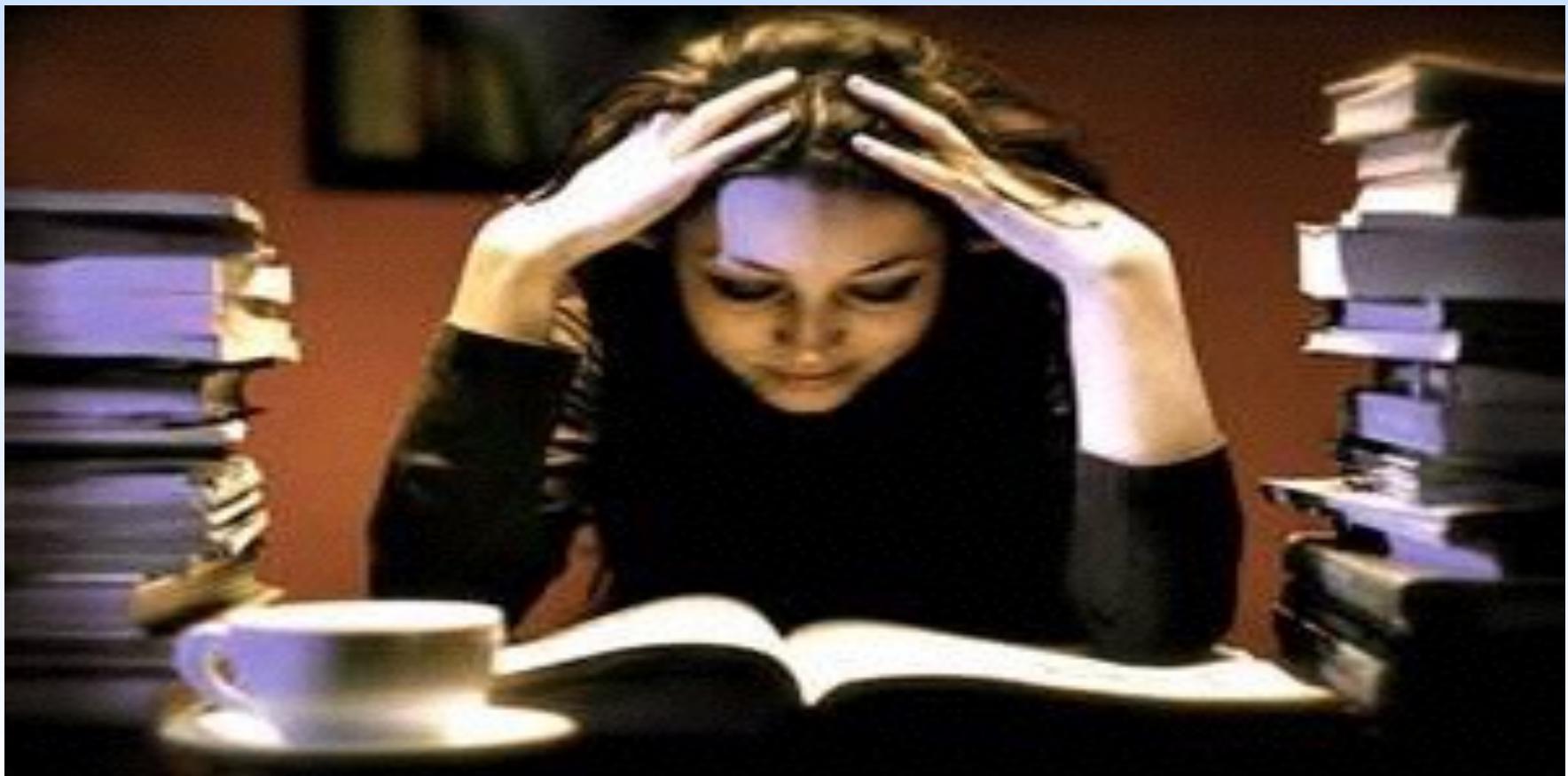
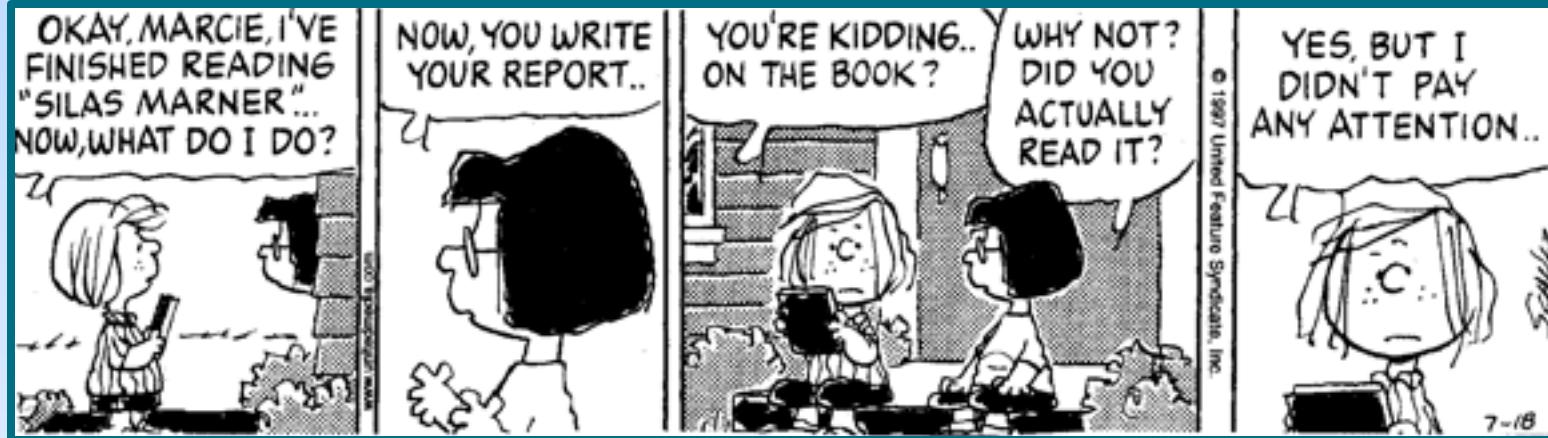


Active Reading and Study

Active readers are involved
in what they are reading.



ACTIVE READING



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- The light-haired girl in the cartoon is the **opposite** of an active reader.
- She is a **passive reader**, whose mind does not pay attention to what she reads.

ACTIVE READING

To read actively:

- Ask yourself, “What is the point?” and “What is the support for the point?”
- Pay close attention to **titles** and other **headings**, and also mark off **definitions**, **examples**, and **enumerations**.

ACTIVE READING

It is important to **write out answers** to the two basic questions, “What is the point?” and “What is the support for the point?”

The very act of writing helps an active reader **study and **master** and **remember** the material.**



ACTIVE READING

Read this paragraph, asking yourself, “What is the author’s point, and how does he support his point?”

Humanistic psychologist Carl Rogers believed that people are basically good and are endowed with tendencies to fulfill their potential. Each of us is like an acorn, primed for growth and fulfillment, unless thwarted by an environment that inhibits growth. Rogers theorized that a growth-promoting climate for people required three conditions. The first of those conditions is genuineness. According to Rogers, people nurture our growth by being genuine—by dropping false faces and being open with their own feelings. The second condition, said Rogers, is by offering “unconditional positive regard”—an attitude of total acceptance toward another person. We sometimes enjoy this gratifying experience in a good marriage, a close family, or an intimate friendship in which we no longer feel a need to explain ourselves and are free to be spontaneous without fear of losing another’s esteem. Finally, Rogers said that people nurture growth by being empathic—by nonjudgmentally reflecting our feelings and meanings. “Rarely do we listen with real understanding, true empathy,” he said. “Yet listening, of this very special kind, is one of the most potent forces for change that I know.”

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ACTIVE READING

If you were reading this selection in a textbook, this is how you might mark off the material:

Humanistic psychologist Carl Rogers believed that people are basically good and are endowed with tendencies to fulfill their potential. Each of us is like an acorn, primed for growth and fulfillment, unless thwarted by an environment that inhibits growth. Rogers theorized that a growth-promoting climate for people required three conditions. The first of those conditions is genuineness.

1 According to Rogers, people nurture our growth by being genuine—by dropping false faces and being open with their own feelings. The second condition, said Rogers, is by offering “unconditional positive regard”—an attitude of total acceptance toward another person. We sometimes enjoy this gratifying experience in a good marriage, a close family, or an intimate friendship in which we no longer feel a need to explain ourselves and are free to be spontaneous without fear of losing another’s esteem. Finally, Rogers said that people nurture growth by being empathic—by nonjudgmentally reflecting our feelings and meanings. “Rarely do we listen with real understanding, true empathy,” he said. “Yet listening, of this very special kind, is one of the most potent forces for change that I know.”

The next step is to write down the point and the support.

- What would you write down as the **point** of this selection?
- What would you write down as the **support**?

ACTIVE READING

Below is what you might write after asking yourself, "What is the author's point, and how does he support his point?"

Humanistic psychologist Carl Rogers believed that people are basically good and are endowed with tendencies to fulfill their potential. Each of us is like an acorn, primed for growth and fulfillment, unless thwarted by an environment that inhibits growth. Rogers theorized that a growth-promoting climate for people required three conditions.

1 According to Rogers, people nurture our growth by being genuine—by dropping false faces and being open with their own feelings. **2** The second condition, said Rogers, is by offering “unconditional positive regard”—an attitude of total acceptance toward another person. We sometimes enjoy this gratifying experience in a good marriage, a close family, or an intimate friendship in which we no longer feel a need to explain ourselves and are free to be spontaneous without fear of losing another’s esteem. **3** Finally, Rogers said that people nurture growth by being empathic—by nonjudgmentally reflecting our feelings and meanings. “Rarely do we listen with real understanding, true empathy,” he said. “Yet listening, of this very special kind, is one of the most potent forces for change that I know.”

Point: According to Carl Rogers, a growth-promoting climate for people requires three conditions.

Support:

1. Genuineness—dropping false faces and being open with one’s feelings
2. Unconditional positive regard—total acceptance of another person
3. Being empathic—nonjudgmentally reflecting our feelings and meanings

ACTIVE READING

Humanistic psychologist Carl Rogers believed that people are basically good and are endowed with tendencies to fulfill their potential. Each of us is like an acorn, primed for growth and fulfillment, unless thwarted by an environment that inhibits growth. Rogers theorized that a growth-promoting climate for people required three conditions.

1 The first of those conditions is genuineness.

According to Rogers, people nurture our growth by being genuine—by dropping false faces and being open with their own feelings. **2** The second condition, said Rogers, is by offering

“unconditional positive regard”—an attitude of total acceptance toward another person. We sometimes enjoy this gratifying experience in a good marriage, a close family, or an intimate friendship in which we no longer feel a need to explain ourselves and are free to be spontaneous without fear of losing another’s esteem. **3** Finally, Rogers said that people nurture growth by being empathic—by nonjudgmentally reflecting our feelings and meanings. “Rarely do we listen with real understanding, true empathy,” he said. “Yet listening, of this very special kind, is one of the most potent forces for change that I know.”

Notice that the main idea is signaled by the **list words** **three conditions**. And the supporting details are clearly marked by the **addition words** **first**, **second**, and **Finally**.

A TEXTBOOK STUDY SYSTEM

The previous four slides have shown you a basic study system that really works:

- 1 Read** the material, looking for the **main points** and **supporting details**.
- 2 Take written notes** on the **main points** and **supporting details**.

A TEXTBOOK STUDY SYSTEM

Taking notes on a subject can help in thinking about and understanding the subject.

Writing is thinking.

A TEXTBOOK STUDY SYSTEM

A Detailed Study System: PRWR

There are a variety of similar textbook study systems. One is **PRWR**:

1 Preview

2 Read

3 Write

4 Recite

A TEXTBOOK STUDY SYSTEM

A Detailed Study System: PRWR

1 Preview the chapter to get a general overview and “a lay of the land” before you start reading.

- Note the **title**.
- Quickly read the **first and last paragraphs** of the chapter.

A TEXTBOOK STUDY SYSTEM

A Detailed Study System: PRWR

2 Read and mark what seem to be the important ideas in the chapter.

- In particular, mark **definitions**, **examples**, and **enumerations** (major lists of items).

A TEXTBOOK STUDY SYSTEM

A Detailed Study System: PRWR

3 Write (or type into your computer) study notes on the chapter.

- **Actual writing and notetaking is a key to successful learning.**
- Organize your notes as a **rough outline** that shows relationships between ideas.

A TEXTBOOK STUDY SYSTEM

A Detailed Study System: PRWR

4 Recite your study notes until you can say them to yourself without looking at them.

- **Repeated self-testing is the key to effective learning.**
- It is impossible to be a passive learner if you continue this strategy of repeated self-testing.

REVIEW

- Active readers think and ask questions as they read. Active readers ask, “What is the point?” and “What is the support for the point?” Active readers also pay close attention to titles and other headings, as well as definitions, examples, and enumerations.
- Active readers often have a pen in hand as they read so they can mark off what seem to be the important ideas.
- Active readers often use a reading study system. In a nutshell, they *preview* a selection first; then, they *read and mark off* what seem to be the important ideas; next, they *take written notes* on that material; and finally, they *recite their notes* until they can remember them.

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That's All!



Thank You

Iris Strunc

strunci@nwfsc.edu



NORTHWEST FLORIDA
STATE COLLEGE