TRADITIONAL TERRITORIES ACKNOWLEDGEMENT

The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation.

We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.
Don’t Get Lost!
Pre-read
SURVEY

QUESTION

READ, RECITE, REVIEW
SQ3R

Survey

• Survey and skim the text for:
  • Table of Contents
  • **Bold print** or *italics*
  • Sidebars
  • Any type of graphics
  • Summaries
  • Questions
  • Introductions and Conclusions
**SQ3R**

Survey Goals

- Find chapter objectives
- List key vocabulary
- Estimate time and create plan
SQ3R

Question

“What do I need to learn?”

“What might be on the test?”

“Who, what, where, when, why, how?”
SQ3R

Suggestion questions:

• Turn headings into questions
• Turn **boldfaced** and *italicized* words into questions
• Use the chapter’s questions
• Use the course objectives to make questions
• Create own questions
SQ3R

Stress: Chapter 9

Defining Stress (p. 291)
Measuring Stress (p. 295)
  Social Readjustment Scale
  The Life Experience Survey
Types of Stress (p.298)
  Frustration-Aggression Hypothesis
  Approach-Approach Conflict
  Approach-Avoidance Conflict
  Avoidance-Avoidance Conflict
Dealing with Stress (p.302)
  Problem Analysis
  Relaxation Therapy

What is stress?
How is stress measured?
What is the frustration-aggression hypothesis?
How can people deal with stress?
SQ3R

Read

1st round
For understanding

2nd round
For learning/memorizing
SQ3R

Reading strategies

• Highlighting
  • Develop a system and be consistent
  • Highlight the right amount (10-20%)
  • Key terms only (definitions, examples, and lists)

• Break the reading into sections
Exercise

According to social psychologists, there is a cognitive bias known as the primacy effect that overemphasizes the importance of first impressions. This is generally assumed to be because people are especially attentive during introductions.
According to social psychologists, there is a cognitive bias known as the primacy effect that overemphasizes the importance of first impressions. This is generally assumed to be because people are especially attentive during introductions.
SQ3R
Recite

• Answer Questions
• Write a summary without citing the text
• Review flashcards
• Learn term definitions
• Reread difficult sections
SQ3R

Review

• Summarize the text
• Verbalize understanding
• Explain the idea to someone else
• Answer practice questions
Active Reading Strategies

• Highlight text
• Take notes
• Use flashcards
• Make mind maps
• Draw diagrams
• Build models
• Create mnemonics
• Try a study group
SQ3R

- **Survey**: Preview to determine familiarity and activate background knowledge.
- **Question**: Formulate questions in order to focus on topics.
- **Read**: Read actively by underlining, adding notes, and answering questions.
- **Recite**: Practice recalling information from memory.
- **Review**: Review old material frequently to keep ideas and concepts easily accessible.
Academic Learning Centre Services

- Workshops and Presentations
- Supplemental instruction (SI)
- One-to-One tutoring
- Tutor training program
- Website resources

Academic Learning Centre
academic_learning@umanitoba.ca
204-480-1481
References


