



Reading the Textbook

Part of a Series: Study Habits that Build the Brain

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Introduction/Overview

- The presentation “Study Habits that Build the Brain” was background information.
- We will present information showing why you should do more than casual reading of your textbook and practical things you can implement.

Brain Learning Principles

Dendrites, synapses, and neural networks grow from stimulating experiences.

- Visual – Reading or Seeing
- Aural – Hearing
- Writing
- Discussion – Questioning
- Pondering – Thinking

The Limitations of a Single Stimulus

Simple reading of textbook materials only focuses on one type of stimuli.

Just the *visual* impact of reading.

We could be neglecting other methods that can be coupled with visual such as:

- *Aural*
- *Writing*
- *Thinking and Pondering*
- *Questions*

Aural

Read your textbook out loud. Pay no attention to people that think you are crazy. You might need to do this in a private area.

But speaking it out loud might help trigger your understanding. It sounds differently than when you just read it. Simple put, it involves more than one stimulus to the brain.

Writing

You can take notes. This can be accomplished by:

1. Writing in the margin of the textbook
2. Writing in a note book similar to taking lecture notes. Re-write or review the Learning Objectives.
3. Limited use of highlighters, choosing carefully what you highlight. They should be the key or main points.

Thinking, Pondering & Questions

You can ask yourself questions.

1. Am I understanding what I have read?
2. How does it build on concepts already learned?
3. Should I make a note and come back to this item again for more study?
4. What question should I ask of the instructor for clarification?

Questions/Comments

- You can interact with other students via Discussions postings or Email to get suggestions on how they effectively read their textbook.
- You can contact your instructor if you have any questions.



THE END