The Gist Strategy

Goal: identify & restate main idea in 25 words or less



Watch the video

The method: After completing a close reading of your text, summarize the main idea or "Gist" of that section in your own words. Depending on your comprehension of the material and density of the reading, summaries may follow a paragraph, section, or page.

You will place this note ...

- 1) On a sticky note in middle of page
- 2) In notebook labeled per page/reading passage
- 3) On running Word Doc labeled per page/reading passage
- 4) In apps like Notability, you can create a sticky note and place it directly on the PDF

Students identify the most important idea in a section of text by using the following steps:

- 1. Preview the text by looking at headings, subheadings, pictures, bolded terms, diagrams, etc.
- 2. As you read, ask yourself the following questions. This will help guide your highlighting and annotations:
 - Who is doing what?
 - When and where is this taking place?
 - Why is this taking place or Why is this important?
 - **How** is this taking place?
- Create a short (approximately 25 words) Gist Summary of text that encapsulates as much of the above as relevant. <u>Note</u>: one section may cover the Who and What while the next section might cover the Why and How.

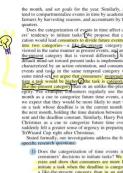
Example for Notebook or Sticky Note:

Psychology: Tu & Soman Reading *Page 811:*

 Hypothesis: We divide future events into two categories: "like-the-present" and "unlike-thepresent." Our categorization is tied into task initiation with like-the-present equaling higher task initiation . The researchers will try to prove this.

Note Breakdown

- Who Humans
- What— Categorize future
- How "like-the-present" and "unlike-thepresent"
- Why Categorization impacts task initiation
- When 2014 Study





we review relevant literature, develop a theoretical frame work, and propose testable hypotheses. Second, we presen the results of several field and laboratory experiments the support our framework. Finally, we conclude with a genera discussion and potential avenues for future research.

CONCEPTUAL FRAMEWORK

Success in various domains in life essentially boils down to the ability to set and achieve task-oriented goals. It is therefore not a surprise that a lot of research has been conducted with the aim of better understanding goal pursuit in general and the factors that facilitate and hinder goal at tainment in particular (Gollwitzer 1993). Early researchers H: We di vide futive events into 2 categ. → like present unlike present. Our categorization is tied into task initiation wil like-present = higher t.i. R will try to prove this.

1985; Levin 1920; typically dreve a distinction between two strages of point program_paraging (parametering, storight) implementation—and argo blue as people approach a good were space and time, they witch from a morivational signal or a voltimum stage. In a similar vein, Goldwitzer (2012) and orban X3 and Wyer 2010) made admission between characterized by planning and evaluation, and an implemental mind-set, an information processing mode characerized by action oriention, pour commitment, and will ingress to mate choices [Quescer, the interactive is generally larges to prove the temporal comparison of the task dealmines in the same capport and the temporal compary methodship of the task dealine mater_Beer(fail), when the task dealine is in the same capport, consumers view the task with astronthe protection of the temporal compary methodship of the task dealine mater_Beer(fail), when the task dealhe-present capport), consumers view the task with astronton intra the task in the former confliction of the task dealine is in the same capport, and the present (i.e., in a hilketerpresent capport), consequently, consumers are more likely to initiate the task in the former confliction the in the latter Figure 1 depicts our conceptual transvork, and we clabfollow.

Categorization of Events in Time

The categorization of space, persons, and objects is a ubiquitous and spontaneous process (Aldport 1954; Brewer 1988; Cohen and Basu 1987; Devine 1989; Fiske and Neuper 1990) and widely influences perception, judgment, choices, and motivation. For example, in the domain of spatial perception, Tversky (1992) showed that "the same real distance was remembered a smaller if it was between

Source Material: "The Categorization of time and Its Impact on Task Initiation" by Yanping Tu and Dilip Soman in the *Journal of Consumer Research, Inc.* Vol. 41. October 2014

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