CHAPTER 4

Reading

Multiple Choice

1. The final phase of Muscle Reading can be assisted by
   a. using e-books to create instant summaries.
   b. copying passages and pasting them into a word processing file.
   c. none of the above.
   d. both a and b.

2. Previewing material can
   a. give you more material to memorize.
   b. take up valuable reading time.
   c. provide a quick view of summary statements.
   d. interfere with starting the assignment.

3. A technique for staying focused as you read includes
   a. avoiding marathon study sessions by taking short breaks.
   b. refraining from writing in your book.
   c. blocking out mental pictures that occur while reading.
   d. letting your mind wander.

4. Use underlining
   a. to single out about 30 percent of the chapter’s main points.
   b. show your teacher (and friends) that you read the assignment.
   c. to make anything you found interesting stand out.
   d. to create signals for later review sessions.

5. When highlighting it is important to
   a. skip over boldface works because they are already emphasized.
   b. make decisions about what you want to remember from a text.
   c. make sure you highlight as much as possible so you don’t leave anything unnoticed.
   d. follow the universal law of reading.

6. The purpose of reviewing materials is to
   a. strengthen the amygdala.
   b. keep the neural pathways that constitute memory open.
   c. reduce interference.
   d. pry out questions for later review.

7. Information literacy can include:
   a. generating an appropriate topic.
   b. developing main and supporting questions.
   c. utilizing Wikipedia as your primary source.
   d. both a and b.

8. For better search results online, you should:
   a. use specific key words.
   b. search within a site.
c. add a “wild card character” such as the asterisk.
d. all of the above.

9. As part of the preview process, you should
a. skip any summary statement until just before the test time.
b. look for familiar concepts, facts, or ideas.
c. memorize what you preview.
d. avoid asking yourself any questions.

10. A strategy for holding a mini-review of a paragraph is to
a. recite, in your own words, what you have just read.
b. take some time and write yourself short notes on the reading.
c. read only the first sentence of each paragraph.
d. create an outline for the entire chapter.

11. If you encounter unfamiliar words while reading, it helps to
a. skip over the words and continue reading so you can finish the assignment.
b. write the words and their sentences on 3 x 5 cards and look them up.
c. ask your instructor later what the words mean.
d. stop and sound out the words slowly.

12. When reading difficult material, your understanding of it can be improved by
a. reading the material while relaxed on your bed.
b. waiting to ask questions until you have finished reading.
c. marking the margin with the letter S and closing the book for some sleep
d. finding and reading another book on the subject, even if that book is intended for younger readers.

13. The Power Process: “Notice your pictures and let them go” suggests that
a. you can notice which mental pictures are getting in your way, then, gently, let them leave your mind and go away.
b. one effective way to deal with pictures is to simply ignore them.
c. letting these pictures run (and ruin) your life is unavoidable.
d. once a picture goes away, it will not return.

14. When reading at work, it is helpful to read work related material
a. in depth, not skipping any document, memo or e-mail.
b. with a purpose.
c. to get promoted.
d. only when you have free time.

15. Active readers
a. use books as sleeping aids.
b. always sub-vocalize while reading.
c. think critically about the ideas in what they read.
d. do not need to practice Muscle Reading to understand the text.

16. When outlines are not included, making your own outline works best with
a. complex material.
b. poetry.
c. newspaper or online news articles.
d. essays.

17. Among the roadblocks to effective reading of school material is/are
   a. time scheduling.
   b. deciding what you have to read.
   c. avoiding interruptions.
   d. All of these.

18. When reading is tough,
   a. the tough get reading.
   b. you can always search the Internet for summaries.
   c. the tough will go shopping.
   d. make several passes through tough reading material.

19. When reading with children around, practice all of the following techniques except
   a. finding a way to ignore your children.
   b. using pockets of time to study.
   c. planning study breaks that include the children.
   d. making the time fun or like a game.

True/False

20. Using a dictionary while reading will only slow you down and interrupt your learning.

21. Let’s get it straight! There is only one way to highlight a text assignment.

22. Although most reading techniques work only for printed techniques, Muscle Reading has no use in reading Web pages or ebooks.

23. If something is in print or online it has been thoroughly researched and vetted.

24. The serious student will always wait until she has at least two hours available before doing the reading assignment or reviewing notes.

25. A way to read difficult material is to pretend you understand it and then explain it to someone else (or even to yourself).

26. When you come across an unfamiliar word, divide the word into parts to examine each syllable and thus uncover part of the word’s meaning.

27. On the job you can turn any text into a to-do list.

28. The way or ways you put information into your memory can effect how well you remember the lesson.

Completion

29. The type of dictionary that provides more complete information about words and definitions, as well as a history of each word, is called a(n) __________ dictionary.
30. When trying to build a vocabulary, it helps to learn the beginning syllables or common __________ of words.

31. The ending syllable “-oid” means to resemble. This is an example of a __________.

32. That place on campus that not only houses treasures, but can help you do research in the twenty-first century, is the __________.

33. Our mental __________ direct our thinking, our conversations, and our actions, all of which create our immediate circumstances.

Short Answers

34. Successful readers vary their reading speed. Explain how this approach contributes to your being a Master Student.