CHAPTER 8 ACTIVITIES

Activity 1: Creating a Hierarchy

Directions: Using a textbook from one of your classes, create a hierarchy for one chapter. With a partner or in a small group, test yourself on the material using only your hierarchy. How did it work? Share your responses. This activity is a powerful and effective study tool.

Activity 2: Converting from Right Brain to Left Brain

Directions: Convert the information from your hierarchy into a written summary. Remember that a summary is a condensed version of the text material, highlighting the main points. You are integrating the learned information and using “Whole Brain Learning.”

Activity 3: Developing Visual Memory

Directions: Choose an object to view. Look at it for several minutes, and then look away from it. Close your eyes and try to picture the object. Next, open your eyes and look at it from different angles. Close your eyes and picture it. With your eyes closed, pretend you have a zoom lens and zoom into the picture. Zoom back out. Now look at it as if you were standing above it. Next, look at it as if you were standing below it. Open your eyes and look at the object for about ten seconds. Close your eyes and see its colors and textures. Open your eyes. At some time during the day, close your eyes and see if you can remember the object in detail. This is a great exercise for developing and strengthening your visual memory.