



Hi graduate friends,

Let's talk about a note-taking and paraphrasing method that can enhance your reading comprehension. In one of our previous newsletters, we talked about how taking notes in your own words helps enhance learning by allowing your mind to take the information in and process it. Through the method introduced below, you can multiply the benefits of this information processing by giving your brain more opportunities to do this.

McGuire (2015) suggests that you read one paragraph, put it into your own words, then move on to the next paragraph. This time when you want to paraphrase the information in the second paragraph, you also add in the information you gained from the first paragraph. So, by the end of your text, your paraphrased piece summarizes all the information in the text and your brain has integrated all the information, many times.



I can guess what you're thinking: "That would take so long!", right? Well Dr. McGuire says all their students who are using this method say that it actually takes them less time to do their readings because they are rereading less, and they are moving only forward, slowly and carefully. When you go back to your text 1 month later, you can understand it better and faster because you don't have to reread the complicated text all over again. Instead, you can read your own simplified and shortened notes.



How does that sound? I suggest you give it a try!



Aldean Ellis (he/him), from your [Learning Development & Success](#) team!

GRADUpdATE is a monthly e-newsletter dedicated to helping students succeed in graduate school. This information is provided by Learning Development & Success, Room 4100, Western Student Services Building, Western University, Canada.

Reference:

McGuire, S. Y. (2015). *Teach students how to learn: Strategies you can incorporate into any course to improve student metacognition, study skills, and motivation*. Stylus Publishing, LLC.