THE GIST STRATEGY

GENERATING INTERACTIONS BETWEEN SCHEMATA & TEXT
GIST

- GIST is a reading strategy that involves summarizing while you read.

- The GIST strategy helps you comprehend dense text.

- The following slides explain the strategy and provide a model for using the strategy.
THE GIST STRATEGY

1. **Read** the **first & second** sentences of a paragraph
2. **Retell** the sentences in 10 or fewer words
3. **Continue with the same procedure** for the rest of the paragraph
4. **Summarize** the entire paragraph
Try the GIST Strategy with this paragraph.

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**Newton’s Law of Inertia**

Newton’s first law of motion is often stated as the law of inertia. It says that an object at rest tends to stay at rest and an object in motion tends to stay in motion with the same speed and in the same direction unless acted upon by an unbalanced force. There are two parts to this statement — one which predicts the behavior of stationary objects and the other which predicts the behavior of moving objects. The behavior of all objects can be described by saying that objects tend to “keep on doing what they’re doing” unless acted upon by an unbalanced force. This means that all objects resist changes in their state of motion.
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Example:

Newton’s law of inertia states that the motion of an object will remain constant unless the force is disrupted in some way.

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