

Implied Main Idea Practice

Directions: Write out the implied main idea for each paragraph; then click on the answer key. Remember that a statement of the main idea **MUST** be worded as a complete sentence.

Paragraph 1. Always warm up before attempting any strength training exercises. Failure to warm up can cause injuries to cold muscles. Remember to use proper lifting procedures for safety sake. In addition, to avoid harm, make sure that you have a spotter with you if you are using free weights. You can also avoid injury by working within your limits and avoiding the need to show off.

Paragraph 2. One technique to manage stress is self-hypnosis. Another relaxation technique is the “relaxation response.” In this technique, one learns how to quiet the body and mind. Still another way to manage stress is progressive muscular relaxation. This is a procedure in which muscles are contracted and relaxed systematically. Other techniques include yoga, quieting, and diaphragmatic breathing.

Paragraph 3. People who are obese are likely to develop type II, non-insulin dependent diabetes. In fact, 90% of obese people develop this disease. Seventy percent of obese people will develop heart disease, and 33% will develop hypertension. Colon and breast cancers are also linked to obesity.

Paragraph 4. Eliminating cigarette and tobacco use can reduce one’s risk for cardiovascular disease. Increasing physical activity is another lifestyle change that will reduce one’s chances of developing heart disease. Another controllable risk factor for heart disease is blood cholesterol level. If we change our eating habits, we can lower the level of cholesterol in the blood, thus reducing our risk of disease. The last controllable risk factor is high blood pressure, a risk factor than can be reduced through changes in lifestyle.

Paragraph 5. Shortly after a loved one has died, grieving people often experience physical discomfort such as shortness of breath and tightness of the throat. Grieving people may also experience a sense of numbness. Another common emotion of the bereaved is feelings of detachment from others. Still other bereaved people are preoccupied with the image of the deceased. Some may not be able to complete everyday tasks without thinking of their lost loved one. Still other survivors may be overcome with feelings of guilt, feeling that they somehow neglected or ignored their departed loved one

Paragraph 6. Denial is typically the first stage that dying people experience. Many patients refuse to believe that they will really die. After experiencing the denial stage, many patients experience anger. They may feel they have been cheated. This stage is typically followed by the bargaining stage. Some patients feel that if they make a bargain with God, they will be healed. When these patients realize that bargaining will not work, they may enter the next phase, depression, withdrawing from close relatives and friends. The final stage is acceptance, a phase which ensures a sense of peace.

Paragraph 7. According to Leming and Dickinson (1990), grief peaks in the week after a loved one's funeral. To help the bereaved, friends and family should try not to make demands on the grieving individual. Instead, they should allow the bereaved time to grieve. The bereaved can also be helped by assisting them with daily

household chores. It is likewise helpful to talk with the bereaved person about the deceased and to express one's own feelings of sadness and loss but without pity. Friends and family can also help the bereaved by keeping regular contact with them, inviting them to dinner or to movies or just offering a friendly call or a visit.

Paragraph 8. When you register for a math class, try to select a teacher who can explain concepts clearly. Also, find a math teacher who is willing to answer students' questions in class. Not all are willing to do so. Try to choose a math teacher who is willing to help students after class, preferable one who keeps his or her office hours and one who does not frown at the sight of a student at the office door. When choosing a math instructor, try to find one who gives fair tests and who provides useful handouts that complement class notes.

Paragraph 9. If you have a weak background in mathematics, begin each course with the mindset that you will take the course seriously whether or not the grade will count toward your degree requirements. To makeup for a weak background, try to find a teacher who enjoys teaching learning support mathematics classes. If your background is weak, make a point to attend every class and do all of the assigned homework regularly, even if that homework is not collected by the instructor. Also, go to the Math Lab; students who use the math lab generally perform better than students who don't.

Paragraph 10. If you are having trouble with your math instructor, do not use this problem as an excuse of not doing well in the class. If you cannot understand your instructor, ask the teacher to slow down his or her pace and review the textbook's concepts before the teacher presents them in class. If you cannot follow the teacher's notes, work with other students in your class or refer to the math text's study guide to make sense of your notes. If your math teacher will not make time to answer your questions, go to the Math Lab, ask another teacher, or get help from an *A* student.

Answer key:

Implied Main Idea Paragraph 1: To avoid injury during strength or weight training, observe several safety precautions.

Implied Main Idea Paragraph 2: There are a number of stress management techniques.

Implied Main Idea Paragraph 3. Many diseases are related to obesity.

Implied Main Idea Paragraph 4. There are four risk factors for heart disease (cardiovascular disease) that can be reduced by lifestyle changes and choices.

Implied Main Idea Paragraph 5. Most people who experience the death of a loved one experience a number of sensations and emotions.

Implied Main Idea Paragraph 6. Dying people often go through five psychological stages.

Implied Main Idea Paragraph 7. Friends and family can do a variety of things to help the bereaved cope with grief.

Implied Main Idea Paragraph 8: There are several important things to consider when you choose a math teacher.

Implied Main Idea Paragraph 9: There are several ways that students can overcome a weak background in mathematics.

Implied Main Idea Paragraph 10. There are a number of way to overcome a poor math instructor or Bad math instructors can be overcome using a variety of strategies.

CAN CUT INTO STRIPS AND HAVE GROUPS # 1-10. Then write the implied main idea. After word show answer key.