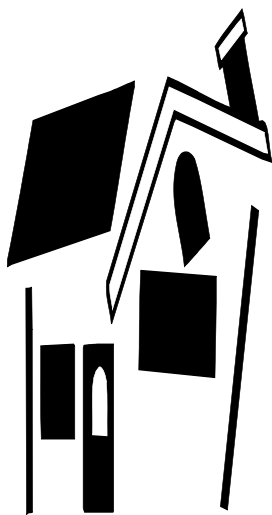


PARAGRAPH STRUCTURES IN COLLEGE READING



STEPS IN A PROCESS	PGS 2 - 3
CAUSE AND EFFECT	PGS 4 - 8
LISTING OF EXAMPLES	PGS 9 - 11
DEFINITION/EXAMPLE	PGS 12 - 17
LIST OF CATEGORIES	PGS 18 - 22



READ the following paragraph.

UNDERLINE the Main Idea.

MARK the Steps in the Process.

TAKE NOTES

Here are ways to take some of the danger out of smoking. First of all choose a cigarette with less tar and nicotine. The difference between brands (including those with filters) can be as much as 2 to 1, even more. See how much you can reduce your tar and nicotine intake by switching. Also, don't smoke your cigarette all the way down. You get the most tar and nicotine from the last few puffs because the tobacco itself acts as a filter. Smoke halfway and you get only about 40 percent of the total tar and nicotine. The last half of the cigarette will give you 60 percent. Another help is to take fewer draws on each cigarette. Just reduce the number of times you puff on each cigarette and you'll cut down on your smoking without really missing it. In addition, you should reduce your inhaling. Remember, you're not standing on a mountain gulping in fresh air; so don't welcome it with open lungs. Don't inhale as deeply; take short shallow drags. Practice on a big cigar. Finally, you should (5) smoke fewer cigarettes each day. For some people this is easy, but for others it may be the most difficult step of all. Don't think of it as cutting down; think of it as postponing.

TOPIC _____

MAIN IDEA _____

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ARTICULATE

See your instructor or a tutor to correct this paragraph immediately after you do it.



READ the following paragraph.

UNDERLINE the Main Idea.

MARK the Steps in the Process.

TAKE NOTES

Homeowners with less than a hundred dollars to spend can take many energy-saving steps as well. To begin with, two kinds of inexpensive sealers can be used to reduce energy leaks around the house. Caulking will seal cracks around outside windows, door frames, and at corners of the house. Weather-stripping can be applied to provide a weather tight seal between the frame and moving parts of doors and windows. Another inexpensive step is to check that a home heating or cooling system is clean. A dirty or clogged filter, for example, can make a furnace or an air conditioner work much harder to heat or cool a house. Next, a "low-flow" showerhead can be used to reduce hot water use significantly. A special showerhead can either be purchased separately or a small plastic insert available at a hardware store can be added to a regular head to limit water flow. Finally blinds and drapes can be used to advantage throughout the year. In winter they can be closed at night to reduce heat loss. In summer they can be closed during the day to keep the house cooler. These and other relatively inexpensive steps can be used to produce large savings.

TOPIC _____

MAIN IDEA _____

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ARTICULATE



SEE your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the causes or effects.

TAKE NOTES

There are several causes of insomnia. Some people take all their daytime worries to bed with them which prevents them from relaxing enough to sleep. Others are actually afraid of falling asleep, for fear of nightmares or of emergencies that might arise. In addition, people with irregular schedules often have difficulty dropping off. Sleep is one of the body's natural rhythms and changing schedules can throw the rhythm off balance. Paradoxically, both sleeping pills and alcohol can produce insomnia. Although these drugs are sometimes helpful in small doses, they require ever-increasing amounts to be effective, and they disrupt the natural sequence of sleep stages. On the other hand, methods of relaxing the mind and muscles have proven to be effective in beating sleeplessness.

TOPIC _____

MAIN IDEA _____

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See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the causes or effects.

TAKE NOTES

Over the last quarter century, pollution of the environment has begun to threaten the ecological balance of the planet and the health of many of its species, including ourselves. The pollution problem is an exceedingly difficult one to solve, for several reasons. First, some people and governments see pollution as a regrettable but inevitable by-product of desired economic development - "where there's smoke, there's jobs." In addition, control of pollution sometimes requires international coordination, for one country's emissions or pesticides can end up in other countries' air or food. Moreover, the effects of pollution may not show up for years, so severe environmental damage can occur with little public awareness that it is taking place. Preventing or correcting pollution also can be costly, technically complex, and sometimes - when the damage is irreversible - impossible. In general, the most industrialized nations are now actively trying to limit the effects of pollution, but the populous, less developed societies are more concerned with economic growth and tend to see pollution as part of the price they have to pay for it.

TOPIC _____

MAIN IDEA _____

ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the causes or effects.

TAKE NOTES

For many users, marijuana provides a "buzz" - a sense of elation or well-being. Some people say it enhances enjoyment of food and sex and that it heightens all sensory perceptions. Marijuana has two easily observable physiological effects: it increases heart rate and enhances appetite. It also affects brain function, producing detectable changes in brain waves. But researchers are not yet sure just how it works.

TOPIC Marijuana

NOTE: There is no main idea sentence in this paragraph. Please write your own sentence.

MAIN IDEA



ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the causes or effects.

TAKE NOTES

Since the early 1970's professional and popular concern about the crime of rape has exploded. Rape has become a hot topic in contemporary America, an issue of national concern, even the object of special congressional interest and legislation. In other words, this once ignored and feared subject has come a long way in a short period of time, achieving today a level of public and official attention not shared by some problems of seemingly greater social import. This new and popular concern for rape may be attributed to three probably interrelated factors: changing standards regarding the depiction and discussion of sex and violence; a dramatic increase in the number of rapes that are reported to the police; and a rising rape consciousness on the part of women, particularly those organized as part of the women's liberation movement.

TOPIC _____

MAIN IDEA _____

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ARTICULATE _____



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the causes or effects.

TAKE NOTES

Social-class position also affects one's treatment by the law. Lower-class criminals are more likely to be caught and, once caught, less likely to be able to afford good legal assistance. When they appear in court, their shabbier appearance and life history -- which typically includes quitting school, unemployment, divorce, and signs of apparent irresponsibility -- may prove prejudicial to their case. Consequently, statistics show that the lower-class criminal is more likely than the higher-class criminal to receive the maximum penalty for the same crime. Lower-class criminals have the additional penalty of having to wait for trial in a jail cell rather than the comfort of home, because they cannot afford to pay the bond posted to insure reappearace.

TOPIC _____

MAIN IDEA



ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the examples.

TAKE NOTES

During prenatal development the child can be affected in various ways by the external environment. Some maternal infections may be transmitted across the placenta and affect the child's development. For example, if the mother contracts German measles (rubella) during the first two or three months of pregnancy, it can cause such fetal abnormalities as blindness, deafness, and brain damage. Certain drugs (including tobacco, alcohol, psychoactive drugs, and some medicines) can all have adverse effects on the child. In cases where the mother is addicted to a drug such as heroin or morphine, the child is born addicted and must be given further doses of the drug to avoid the potentially fatal withdrawal effects that accompany the denial of drugs to an addict.

TOPIC _____

MAIN IDEA _____

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ARTICULATE _____



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the examples.

TAKE NOTES

Compensation is another technique people use for avoiding what they think is a personal shortcoming. Compensation means that rather than face a problem head-on, a person stresses a strength in some other area of his or her personality, hoping that it will camouflage a real or imagined flaw. A good example of compensation is the man whose home life is unhappy but refuses to do anything about it. Instead, he puts all his energy into becoming successful in his business. Another example is the girl who can't make friends with other women and compensates by attracting as many boyfriends as she can, rather than working on the real problem.

TOPIC _____

MAIN IDEA _____



ARTICULATE _____



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the examples.

TAKE NOTES

Larry Fisher is a medical student who, after studying the preliminary stages of heart disease, is convinced that his body is indeed exhibiting the early signs of the disease. Helen Davis reads an article in Reader's Digest about a mysterious virus that afflicts those who live in tropical climates; to her surprise, she discovers many of the identical danger signals of the virus in herself. Neither of these persons really has the illness he or she is concerned about. Each is suffering from hypochondria, or imaginary ailments. Although hypochondriacs do not deliberately pretend to be ill, they are extremely susceptible to the suggestion that they might have contracted some sickness. Even after thorough examinations, a doctor might have a hard time convincing Larry and Helen that each is perfectly healthy.

TOPIC _____

MAIN IDEA _____

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ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

CIRCLE the word
BRACKET the definition.
MARK examples.
TAKE NOTES

Another way of coping with frustration is to identify with someone else. In identification we make ourselves feel like, or act like, another person and so come to feel that we have attained that person's goals, even though we have not. Becoming friends with an important person, for example, can make us feel important. A boy who feels frustrated by his lack of athletic ability can take vicarious pleasure in the victories of his school's football team. A girl can feel like "somebody" because her mother is a famous person. (Of course, some children who want to be somebody in their own right may resent a famous parent.)

Ex _____

ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

CIRCLE the word
BRACKET the definition.
MARK examples.
TAKE NOTES

Often, when faced with a conflict, we engage in the kind of behavior called vacillation -- the tendency to be drawn first toward one possible resolution of the conflict, then toward another. Torn between studying or working and going out with friends, we may change our minds several times. At one moment we may lean strongly toward studying, at the next moment toward going out. In an extreme case of vacillation, we may take so long making up our minds that we wind up with very little time left for either of the possibilities.

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Ex.

ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

CIRCLE the word

BRACKET the definition.

MARK examples.

TAKE NOTES

A phobia is an excessive or unwarranted fear of a specific object or situation that is handled by persistent avoidance. The person with a phobia knows that his or her anxiety is disproportionate to the danger involved but feels unable to control the feeling. There are many kinds of phobias, such as fear of heights, open or confined areas, crowds, being alone, pain, storms, blood, germs, darkness, disease, ridicule, snakes, animals, and fires. Note that many of these phenomena are potentially harmful ones that people may be programmed to learn to fear. On the basis of a New England survey, psychologists estimate that approximately 15 million Americans have phobias. But only a small percentage (some 44,000) appear to have crippling fears.

ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs

CIRCLE the word

BRACKET the definition.

MARK examples.

TAKE NOTES

Resocialization differs from other types of adult socialization in that it points to a rapid and drastic change, usually one that is forced on the individual to some degree. Military service involves resocialization, since it is a deliberate attempt to remold a person's life and personality in certain respects. The recruit is stripped of previous status and gains a new status only by meeting the demands of the military. A more extreme example is that of religious conversion, in which the person may feel completely reoriented -- a sense of rebirth into a new personality or of having been "born again." Both the military recruit and the religious convert experience a change from an old life-style to a new one that is willingly accepted and not seen as a matter of abandoning old loyalties.

ARTICULATE





See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

CIRCLE the word
BRACKET the definition.
MARK examples.
TAKE NOTES

Generally, nurses work directly with patients. However, in some instances, the nurse functions as the patient advocate; that is, she works indirectly on behalf of the patient or she intercedes for him. For example, the nurse who lobbies in the legislature in support of programs of benefit to the consumer of health services functions as a patient advocate. A few other examples are the nurse who seeks the services of other health practitioners on behalf of a patient; the nurse who intercedes for the patient by helping him obtain services from various community health agencies; and the nurse who intercedes for the patient by interpreting his needs to his family. A nurse becomes the patient advocate also as she plans his total health care while serving as a member of a health team.

ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs

CIRCLE the word
BRACKET the definition.
MARK examples.
TAKE NOTES

Price lining is based on the fact that most retailers have more than one product to price, and a number of substitute products or brands within each product category. For instance, a women's clothing store may offer a variety of silk scarves at \$6.50, \$6.60, \$6.70, \$6.90, \$7.00 and so on. Instead, buyers prefer a few prices that seem to differentiate the product into "lines" based on some attribute such as quality or prestige. For instance, **EX.** there may be scarves priced at \$5, \$8, \$10 and \$16. These prices clearly indicate that there are scarves for the economy-minded at \$5, medium-quality scarves at \$8 and \$10, and top-of-the-line scarves at \$16. Price lining means, then, that a limited number of prices are established for the products or brands within a product class.

ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the categories.

TAKE NOTES

Movements that have flourished in the United States in recent decades are civil rights, antiwar, ecology, women's liberation, and gay liberation. Some people simply lump these causes together as "the movement," meaning a total effort to change society. Many of them have been accompanied by collective behavior episodes of the types discussed in previous topics, such as sit-ins, demonstrations, riots, marches, and rallies. Four principal characteristics of a social movement can be identified. They are (1) a new perspective such as an altered view of the proper role of women or the status of blacks;(2) an idealism, which sustains the members of the movement and helps them remain loyal to their abstract concepts of change during the difficult periods when the movement encounters resistance from the established social order;(3) a commitment to activism, which enhances the conviction that something must be done to bring about change; and (4) no central, controlling organization at the helm.

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ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the categories.

TAKE NOTES

Not all Americans can get the needed education or job. And so, although they still desire financial success, they cannot attain it, and the result is social strain, or anomie. Merton listed four types of adaptation to situations of anomie: (1) innovation, accepting the goals but rejecting the means of achievement prescribed by society, as when a person decides to steal rather than earn the money needed to buy a house in the suburbs; (2) ritualism, accepting the means but not the goals -- as when a hospital's admitting clerk asks a seriously ill person to fill out long forms before he can be given a bed at the hospital, thus carefully following the rules but losing sight of the goal of the hospital: to care for the sick; (3) retreatism, rejecting both the goals and the means, as in the case of alcoholics and drug addicts; and (4) rebellion, rejecting the goals and the means and substituting new ones in their place, as in the case of the revolutionary.

ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the categories.

TAKE NOTES

Prejudice and discrimination conducted informally lead to the rejection of many minority group members, preventing them from enjoying the full rights and privileges of citizenship and participation in the dominant society. When discrimination and prejudice become highly organized and focused --often being a deliberate policy agreed upon by the society --the result is such patterns of rejection as: (1) annihilation, in which a dominant group causes the deaths of minority group members in large numbers and which can take the form of genocide --the deliberate and systematic extermination of an entire ethnic or racial group; (2) expulsion, forcing a minority group to leave an area or a society; (3) partition, a more peaceful form of expulsion that involves the political reorganization of a nation in order to make political boundaries correspond more closely with ethnic or racial ones; and (4) segregation, the involuntary separation of residential areas, services, or other facilities on the basis of the ethnic, or racial characteristics of the people using them. For more than a century segregation was the dominant pattern of relations between blacks and whites in the United States. The effect of segregation is to keep minority group members available for some purposes, such as labor, but in a nonparticipant social position.



ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the categories.
TAKE NOTES

Clinical, Counseling, School and Community Psychology: these subfields of psychology are all concerned with helping people deal with problems and decisions in their lives. Clinical psychologists work in schools, hospitals, and mental health centers and in private practice; they diagnose psychological difficulties and provide therapy for those who need it. Counseling psychologists work with people who, for example, are trying to choose a career (vocational counseling), or pondering decisions about marriage (marriage counseling). School psychologists work with children who are having difficulty in school, consult with teachers and parents, and help to design special school programs, such as those for retarded or gifted children. Community psychologists specialize in preventing and treating psychological problems at a community level -- for example, by working with organizations of elderly people or with youth groups. Psychologists in any of these fields may also do research -- for example, on the causes of psychological disorder or the effectiveness of particular modes of therapy.



ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.

READ the following paragraphs.

UNDERLINE the Main Idea.

MARK the categories.

TAKE NOTES

Power can be found in many degrees and forms. There are three main mechanisms through which social power may be asserted to control the actions of others. An advantage or a desired object or social condition may be offered as a reward for compliance. A mother offers her children a snack of homemade cookies and chocolate milk in return for good behavior on a shopping trip; the supporters of a successful presidential candidate are offered jobs in the new administration. Another mechanism is one that threatens a disadvantage or punishment in response to noncompliance. The football player who breaks training rules knows he will be fined or benched. Power may also be asserted by the manipulation of information, attitudes, and feelings. Walter Cronkite and Barbara Walters exercise social power because their comments on the daily news are accepted as authoritative by millions of Americans.



ARTICULATE



See your instructor or a tutor to correct this paragraph immediately after you do it.