



### Directed Learning Activity (DLA): Main Ideas & Supporting Details

**Objective:** The goal of this activity is to help you improve in your reading comprehension skills by understanding the definition of the main idea, identifying the main idea in a paragraph, and highlighting the supporting details in reading.

**Activity Part I:** Click on the link to read and listen to the two video links on main ideas and supporting details. Answer the following questions while you watch the videos.

Video Link I: <https://youtu.be/U0yZ8z7lt3Q> (Locations of the Main Idea Sentence)

Video Link II: <https://youtu.be/rfMzkZV9iSk> (The Main Idea as a Pattern in Reading)

1. To figure out the main idea you need to know what two things? Where in the paragraph can it be located?
2. What is an implied main idea?
3. What types of words help a reader to organize chunks of information?

**Activity Part II:** Read the following passages and answer the questions that follow.

1. (1) Men are more likely than women to have health problems. (2) In almost all parts of the world, men die at an earlier age than women do. (3) In America, men are more likely than women to die from lung disease or heart disease. (4) Men are also more likely to deal with diseases in which stress is a factor – diseases such as ulcers and asthma. (5) In addition, men go to the hospital for mental illness far more than women. (6) Men are also three time more likely to take their own life than women are.
  - a. The topic is
    - i. health problems
    - b. men & women
    - c. health problems in men
  - b. The main idea of the paragraph is sentence number
    - i. (1)
    - b. (2)
    - c. (6)
2. (1) Many people are not good listeners. (2) They may not even realize that they lack this skill. (3) But almost anyone can become a better listener by being aware of certain negative listening habits. (4) One such habit is jumping to conclusions before hearing the entire message. (5) Another bad habit is to nod off when someone is speaking in a monotone. (6) Turning off to speakers who are not necessarily experts is also a negative listening habit. (7) Yet another bad habit to avoid is the habit of reacting emotionally to certain words.

**Which sentence is the main idea of the paragraph above? Circle one choice. (1) (3) (7)**

3. (1) A variety of methods can be used to assist people who are suffering from mental disorders. (2) One such therapy is insight-oriented therapy. (3) Proponents of this approach believe that success can be achieved only if the client gains insight into the experiences that led up to his or her problem. (4) Another type of therapy is behavior therapy. (5) This approach attempts to make changes by using scientifically tested principles of operant and classical conditioning. (6) Still another type of therapy is group therapy. (7) This type of therapy involves a therapist and several clients who are all troubled by similar problems. (adapted from Hahn and Payne, *Focus on Health*)

**Which sentence is the main idea of the paragraph above? Circle one choice. (1) (2) (7)**

4. Parts of our environment affect the way we behave and feel. For one thing, there is temperature. Most of us prefer temperatures in the 70s. When it is hotter than the 70s, we become less active and less alert. Lighting also affects us. In the classroom or on the job, bright light encourages work. In contrast, the low lighting of a restaurant relaxes us and encourages informal conversation. Last is color. For example, red is felt as exciting, blue as calming, and yellow as cheerful.

- a. According to the paragraph, most people become less alert
- i. in bright light
  - ii. in temperatures greater than the 70s.
  - iii. in restaurants with low lighting.

- b. In order to relax, a person should go to a library.
- i. True
  - ii. False

5. Intelligence includes several basic mental abilities. One is language skill. People who have this ability do well on reading tests and have large vocabularies. Another such ability is a quick memory. People with this skill may learn the words to a popular song after hearing it only once or twice. A third basic mental skill allows us to make sense of visual information. People who have this ability are skilled at reading maps or understanding diagrams.

- a. According to the paragraph, the ability to learn the words to a popular song quickly shows a strong
- i. Language ability
  - ii. Memorizing ability
  - iii. Visual ability

- b. According to the paragraph, the ability to make sense of maps and diagrams shows a strong
- i. Language ability
  - ii. Memorizing ability
  - iii. Visual ability

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### Part III: Tutor Review

In order to receive final credit for your activity, you must meet with a Literacy Center tutor online to review your DLA. The tutor will ask you specific questions regarding this DLA and then will email your instructor, counselor, or program to confirm your completion of the activity.

Please click on the following link to receive a confirmation email with your appointment details such as date, time, name of the tutor you will meet with, and link to the Zoom meeting.

<https://forms.gle/vjEviewuSduRs55c7>

#### Literacy Center Hours

Mondays & Wednesdays 11:00 a.m. – 5:00 p.m.

Tuesdays & Thursdays 9:00 a.m. – 3:00 p.m.

Fridays 10:00 a.m. – 2:00 p.m.

**Thank you for your patience and cooperation!**