How to Understand Long Chapters of Important Materials in a Psychology Textbook
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**Step 1: Harvesting**

**Special materials needed:**
1) Pencil/Pen,
2) Specific colored post-it notes
3) Regular yellow post-it notes

While harvesting, you should focus on:
1) Looking over the core objectives listed at the beginning of the chapter
2) Looking over the core objectives that your professor have emphasized in class
3) Skimming through the headlines and subheadings
4) Skimming the pictures and its captions

While doing this, make sure that you are placing the colored post-it notes in the places where you already have a knowledge of.

You should also jot down any questions that you may have about the specific sections in the chapter on the yellow post-it notes, and concepts that your professor wanted you to know.

This will help you better prepare for the next step.

**Step 2: KWL-QA**

After harvesting, you should have placed the colored post-it notes in the places that you already have prior knowledge of, as well as the yellow post-it notes with questions of topics you and your professor want to know more of.

Before starting the KWL-QA, you would need to make a KWL-QA chart. It will indicate the following: what you already know; what you and your professor wants you to know, what you have learned, what questions you have after reading the materials and filling out the KWL. The “A” column will be filled in after you bring the questions you have to class for the professor to answer. The chart should look like this:

- **What You Already Know**
  1. Use the colored post-it notes to fill in the “K” column.

- **What You & Your Professor Wants You to know**
  On the yellow post-it note you have placed in the chapter, you have jotted down questions that you have regarding the material, as well as the questions that your professor wanted you to know.

  1. Fill out the “W” column, using the yellow post-it notes to help you.

- **What You Have Learned**
  Before reading the chapter, split the chapter into 3-4 sections, if the chapter is more than 20 pages long. {If it is more than 20 pages long, read one section a day while filling out the KWL-QA chart.}

  1. Begin reading the chapter (or the specific section of the chapter).
  2. As you come across any of the answers for the questions in the “W” column, write the answers in the “L” column.
  3. After you’re done with the reading, or the section of the reading, review it.

- **What Questions Do You Have After The Reading?**

  1. As you are reviewing the KWL section, if there are any questions unanswered in the “W” column, you should write them in the “Q” column.
  2. Other questions that you may have for further understanding of the material should also be written down in the “Q” column.

- **Answers Given by the Professor**

  1. When you are finished with the whole reading and have filled out the “Q” column, bring your questions to your professor.
  2. When your professor answers them, write the answers down in the “A” column.

**Step 3: Summary**

Before writing a 1-2 in depth paragraph about what you have learned in this chapter, you should review your KWL-QA chart first.

If you want to make sure you really understand the chapter well, you can also draw charts, KWL-QA chart and the summary.