Learning New Terms

Objective: *To practice building a glossary of terms and learn how to read the text for examples*

How Do You Create A Glossary of New Terms?
- ❖ Ignore technical language and look for examples
- ❖ Choose an example you like and jot it down next to the new term
- ❖ Come up with your own example of the term
- ❖ Come up with your own definition
- ❖ Draw a picture or symbol that represents the term to help you visualize its meaning
- ❖ Quiz yourself – the important thing is to practice until you move the information into your long-term memory (use the list you created and cover up the answers, make flashcards and practice with those, or using other self-testing strategies you find useful)

Use the definition of regression below to fill in the first row of the Glossary Chart

Regression is the display of earlier, less mature, behavior after more mature behavior has been learned. Regression appears to be both a return to habits learned in childhood and a primitive, irrational response to the environment. In general, it is a dysfunctional reaction to a frustrating or fearful situation.

Regressive behavior is often found in young children facing emotional distressing situations. For example, a child who is lost at a carnival or one who is anxious at the birth of a sibling might regress to crying, talking baby talk, or displaying other infant-like behaviors.

Regression is not limited to children. Frequently, one hears of movie stars having childish fits of anger over minor difficulties. Or, someone who comes down with a slight cold and enjoys being pampered might regress to childlike behavior.

Glossary Chart

Glossary Word	Example From the Text	Your Own Example	Your Own Definition	Draw a Picture or Symbol
Regression				