

SQ3R MASTERY STUDY SHEET

EXAMPLE QUESTION (FROM PAGE 324)

What does it mean to have a holistic approach to health?

ANSWER:
EXAMPLE QUESTION (FROM PAGE 325)

Why is it important to know about depression and anxiety?

ANSWER:
AUTHOR QUESTION (FROM PAGE 324)

Define the "holistic" approach to wellness.

ANSWER:
AUTHOR QUESTION (FROM PAGE 327)

Discuss three symptoms of depression.

ANSWER:
AUTHOR QUESTION (FROM PAGE 329)

Why are prescription drugs as dangerous as non-prescription drugs?

ANSWER:
AUTHOR QUESTION (FROM PAGE 331)

Compare and contrast OxyContin to alcohol.

ANSWER:
AUTHOR QUESTION (FROM PAGE 337)

In your opinion, rank the top three forms of birth control. Justify your answer.

ANSWER:
YOUR QUESTION (FROM PAGE ____)
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YOUR QUESTION (FROM PAGE ____)
ANSWER:

Finally, after answering these questions, recite this chapter's major points in your mind. Consider the following general questions to help you master this material.

- What is it about?
- What does it mean?
- What is the most important thing you learned? Why?
- What are the key points to remember?