

NOTE TAKING - ROLES - POSSIBLE ANSWERS

Role A: You love reading books.

Knowledge. Reading fills your head with new bits of information. The more knowledge you have, the better equipped you are to tackle any challenge you'll ever face; Memory improvement. When you read a book, you have to remember an assortment of characters, their backgrounds, ambitions, history, and nuances; Stronger analytical thinking skills. You are able to put critical and analytical thinking into work. By taking note of all the details provided and sorting them out to determine who done it.

Role B: You don't like reading books.

Mental stimulation. Keeping your brain active and engaged prevents it from losing power. The brain requires exercise to keep it strong and healthy; Stress reduction. No matter how much stress you have at work, in your personal relationships, or countless other issues faced in daily life, it all just slips away when you lose yourself in a great story.

Role C: You are a doctor prescribing reading as a mental exercise.

Mental stimulation. It can slow the progress of, or possibly even prevent, Alzheimer's and dementia. The brain requires exercise to keep it strong and healthy.
Memory improvement. you have to remember an assortment of characters, their backgrounds, ambitions, history, and nuances. The brains are marvelous things and can remember these things with relative ease.
Tranquility. The subject you read about can bring about immense inner peace and tranquility. It can lower blood pressure and bring about an immense sense of calm. Reading self-help books has been shown to help people suffering from certain mood disorders and mild mental illnesses.

Role D: You are a teacher. You need reasons to convince your students to read books.

Mental stimulation. The brain requires exercise to keep it strong and healthy; Knowledge. It fills your head with new bits of information. The more knowledge you have, the better equipped you are to tackle any challenge you'll ever face; Stronger analytical thinking skills. You are able to put critical and analytical thinking into work;
Improved focus and concentration. When you read a book, all of your attention is focused on the story.