

## Student Sample

### GIST Summary

### Example Format

Gist is a word that means "the essence." A GIST summary conveys the meaning of the scientific concept, event, experiment, or theory without including all of the details. When you can summarize the main points in your own words, you are one step closer to mastery of the concept.

Include the following in a GIST summary:

- Explain what you are summarizing.
- Describe the concept that you are learning about.
- Highlight or write five key phrases/words that encompass what the notes are about.
- Use your five key phrases/words to write three to five complete sentences that summarize your notes.
- Check your summary to be sure that the details support the topic from your notes.

Topic: Chemistry: Elements in living things & compounds

Main Idea of concept (complete sentence): All living organisms on Earth depend on chemical compounds, especially carbon.

Five key phrases/words (in your own words) that explain what the notes or text are about:

1. Organic compounds are covalently bonded compounds that contain carbon.
2. Most living things on Earth depend on organic compounds to survive.
3. Carbohydrates are biochemicals that give us instant energy.  
Ex: Sugars, starches.
4. Proteins are biochemicals that build and repair our body using amino acids.
5. Salt is important because it is an ionic substance that helps our nerves conduct electrical signals through our body.

Write a paragraph (3–5 sentences, or 20 words) using the key phrases/words to summarize the "gist" of this concept.

We are all living things, but there is one thing we depend on the most, and that is organic compounds. Organic compounds are covalently bonded compounds that contain carbon. Carbohydrates are biochemicals that give us instant energy, such as starches or sugars. Proteins are biochemicals that build and repair the body using amino acids. Salt is an important compounds. Since it is an ionic substance, it is able to help our nerves conduct electrical signals throughout our body.

## GIST Summary of Chapter 8.1 (or 7.1 old text)

Topic: Life is cellular

Main idea: Cells are the basic units of all living things.

- 1) Cell theory states that • all living things are made of cells • cells are the basic units of structure + function in living things • new cells are produced from existing cells.
- 2) Microscopes such as light microscopes and electron, (transmission + scanning) allow biologists to explore cells.
- 3) Cells come in a wide array of shapes and sizes and are divided into two main types: eukaryotes + prokaryotes. All cells are encased by a membrane.
- 4) Eukaryotes are cells that enclose DNA in a nucleus (membrane enclosed structure).
- 5) Prokaryotes do not enclose their genetic material within a nucleus. Usually, prokaryotes (such as bacteria) are smaller and less complex than larger more complex eukaryotes.

## GLST Summary Paragraph of Life is Cellular

The smallest unit of any living organism is the cell. Cells were discovered with microscopes and can be explored using microscopes. The cell theory states that all living things are made of cells, that they are the basic units of living things, and that new cells are produced from existing cells. All cells contain DNA and are surrounded by a membrane. Eukaryotic cells enclose genetic material in a nucleus while prokaryotic cells lack a nucleus. Eukaryotes are generally larger and more complex than prokaryotes.