

GIST Summary

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: _____

Main idea of concept (complete sentence): _____

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

1. _____

2. _____

3. _____

4. _____

5. _____

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