

## Main Idea and Supporting Details

### Main Idea

The main idea can often be found in the first paragraph and is usually restated in the final paragraph. If you're dealing with a text that isn't written in paragraphs, look to the title for a clue. You can also look for words and phrases that are repeated. To test whether an idea is the main idea, ask yourself if all the other ideas (both words and images) in the text are a less important aspect of that idea.

### Main Idea

Music can help or hinder your productivity depending on what type of activity you're doing.

### Supporting Detail

Listening to music while doing repetitive tasks can increase productivity but new research shows that's probably just because it improves your mood.

### Supporting Detail

Busy, open-concept offices can be distracting places so music can help employees focus and come up with better ideas, but this might also be related to improving mood.

### Supporting Detail

Any kind of distraction (including music) will make it harder for you to absorb information when you'

### Supporting Detail

If you're trying to be creative, music with a mellow sound could help but you might want to avoid music with lyrics because that can be distracting.

### Supporting Details

Choose four details from the text that support the main idea. These should be details that give more specific information about the topic or provide reasons for the main idea.