

NUTRITION 101

Guidelines for Participants in a Socratic Seminar

DIRECTIONS

Discuss the guidelines for a Socratic Seminar discussion prior to students discussing the topics provided for *The Unhealthy Truth*.

Refer to the text when needed during the discussion. A seminar is not a test of memory. You are not "learning a subject"; your goal is to understand the ideas, issues, and values reflected in the book.

- It's OK to "pass" when asked to contribute.
- Do not participate if you are not prepared.
- Do not stay confused; ask for clarification.
- Stick to the point currently under discussion; make notes about ideas you want to come back to.
- Don't your raise hands; simply take turns speaking.
- Listen carefully.
- Speak up so that all can hear you.
- Talk to each other, not just to the leader or teacher.
- Discuss ideas rather than each other's opinions.
- You are responsible for the seminar and its successful dialogue.

What is the difference between dialogue and debate?

- Dialogue is collaborative: multiple sides work toward shared understanding.
- Debate is oppositional: two opposing sides try to prove each other wrong.
- A Socratic Seminar is dialogue.