WHY TAKE NOTES?!?!?

1. Give you something to do while in class…other than daydream, that is!

2. Believe it or not, it helps!

3. Good Notes = Happy Studying!
BENEFITS OF NOTE TAKING!

- Give you a starting point when organizing your study session

- Students that learn to take good notes actually do a better job of listening during class lectures

- Taking good notes gives you an opportunity to organize the information and increase your understanding while also giving you the chance to understand your weaknesses regarding the material
Most students fail to take good notes because they never learned how to.

Often, students don’t recognize what’s important and what’s not important during lectures.

Effective note taking is an acquired skill that takes practice.
Effective Note-taking Strategies

Why take notes?
- comprehension & retention; research statistics
- outline of important points
- clarifies text material
- clarifies information & ideas

Before lecture:
- review text
- I.D. unfamiliar terms & concepts, difficult material

During lecture:
- format: new page; one side; dates; loose-leaf; symbols; outline or blank space; integrate text reference
- content-based on prof's pattern; record examples and illustrations: mark text

After lecture:
- review w/in 24 hours to decrease forgetting, increase retention
- fill in gaps
- summarize: outline, mapping

INTRODUCING...

Cornell Note Taking Method!
Cornell Note Taking Method…
Easy as 1, 2, 3!
THE BASICS!

▪ Step 1 – Record Your Lecture Notes in the “Note Taking Area
  ▪ Choose your preferred method: outline or paragraph style
  ▪ Focus on information that the professor writes down or specifically highlight on PowerPoint slides
  ▪ Pay attention to verbal examples like questions/answers
THE BASICS!

- **Step 2 – Review Your Notes & Create Your Self-Test Column**

- Creating your self-test/cue column within 24 hours increases your chances of retaining the information from 20% to over 70%.

- In this column, write key words or brief phrases that summarize the main points.

- Develop and write potential test questions.
THE BASICS!

- **Step 3 – Summarize Your Notes**
  - Prepare a summary of the lecture in your own words
  - Summarizing is another opportunity for reviewing information and gives you the chance to critically think about the material
  - Helps you to understand information you really understand and the areas you may need additional clarification
Hippocrates, a Greek who is considered to be the Father of modern medicine, was born on the Island of Cos in 460 B.C."

Notes say: “Hippocrates (Gr.) Father of med. B. COS 460BC”
AN EXAMPLE

Review/self-test column

- Def. of hepatitis?
- 5 infectious types: what are they?

Which types become chronic?
- How are symptoms of A and B the same? Different?

What diseases are caused by chronic hepatitis?
- If a health worker had symptoms of nausea, fever, abdominal pain, he/she would have type D. T/F?

Which types can a mother pass on to a fetus?
- Which vaccine for A? B? C-E?

Record your lecture notes in this column

<table>
<thead>
<tr>
<th>Hepatitis (lecture topic)</th>
<th>January 24 (lecture date)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Def. inflammation of the liver. 5 infectious forms</strong></td>
<td></td>
</tr>
<tr>
<td>2. B: not chronic 95% of cases. Transmitted through blood, other body shared needles, mom&gt; fetus. Vaccine = Y; alone or with A</td>
<td></td>
</tr>
<tr>
<td>3. C: chronic 85% of cases. Transmitted by blood (transfusions before shared needles. Vaccine = N. No initial symp. 10% of chronic cirrhosis or liver cancer. Leading cause for transplants. Health</td>
<td></td>
</tr>
<tr>
<td>4. D: chronic. Trans. like B. Vaccine = N. Rare in US &amp; only in those Hep B</td>
<td></td>
</tr>
<tr>
<td>5. E: not chronic. Trans. Like A. Vaccine = N. Rare in US. High in So.</td>
<td></td>
</tr>
</tbody>
</table>

Summary

There are five infectious forms of hepatitis, which is an inflammation of the liver: A, B, C, D, E. Chronic types are A, B, E. There are vaccines for A & B. Depending on the type, hepatitis is transmitted by food, contaminated water (feces), blood, shared needles, and/or body fluids. Type B can be transmitted to a fetus. Hep C can lead to cirrhosis or liver cancer. This is the type that health care workers are at higher risk for. Hep E is rare in U.S.
OTHER APPROACHES TO NOTE TAKING

Visual Note Taking

http://www.youtube.com/watch?v=gY9KdRfNN9w

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OTHER APPROACHES TO NOTE TAKING

Well-Cast 3 Step Method

http://www.youtube.com/watch?v=UAhRf3U50lM

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THE END!

- Questions?!?!?

- Self-Test and Evaluations