

WHY TAKE NOTES?

Research on notetaking suggests that it isn't how you take the notes that matters. Instead, it's what you do with them after class. Don't put that notebook away. The following tips will help you learn and remember more effectively.

Read over your notes no later than 6 hours after class. Clean them up. Edit. Underline main ideas.

Restate the main ideas. Reread each section of your notes and write personal "restatements" about the lecture.

Recite. Cover your notes. Look at your personal "restatement." Try to recite the main ideas of the lecture. Uncover your notes and check for accuracy. Repeat until correct. Repeat five more times.

Identify the organizational pattern. Is it sequential (time pattern), comparison, or classification? Write the organizational pattern below you note. Recite it.

Relate lecture to self. Ask "How does this information relate to me?" Ask and answer aloud. Do you agree or disagree with the instructor/author? Why?

Review, Review, Review. Before your next class go over your notes. Review your notes weekly and before you next exam. Remember, review your notes after class.

Notetaking and Forgetting: Why Take Notes?

- We forget less when the information makes a clear, strong impression on the brain
- We forget most of what we learn immediately
- We forget less if we practice, rehearse, and review at intervals
- We forget less if we recite the learning
- We forget more of what we hear than what we see
- We forget less when we tie new information to old information already stored in memory
- We forget less when the information learned is meaningful
- We forget less if we are interested in the subject and are motivated to learn
- We forget less when we mentally digest new ideas and rephrase them in our own words
- We forget less when we organize information in memory