College Note Taking

Another Academic Success Key!
Rules of the Brain – Incoming Information

- Builds on Prior Knowledge
- Seeks Patterns
- Seeks Meaning
- Seeks to Condense
- Seeks to Order/Organize

Indicates you must DO (active learning) something with your notes – NOT just read over them (passive learning)
Note Taking – Why?

- Promotes Active Listening
- Provides Accurate Record of Info
- Makes You **Restructure** Information
  - Interpret (give meaning)
  - Condense
  - Organize
- Provides Repetition
Forgetting Curve:

How much you forget if you don’t organize and review lecture notes

- 60% forgotten after only 9 hours

Percent forgotten

Time since review of information

1 hour  9 hours  48 hours  1 week  1 month
Forgetting Curve: How much you forget if you don’t organize and review

After 2 days: ~75% of information gone

Percent forgotten

Time since review of information

1 hour 9 hours 48 hours 1 week 1 month
Forgetting Curve

Note taking must be active and ongoing.

organize & understand remember
review
Characteristics of Good Notes

- Good Notes:
  - Are Organized
  - Distinguish Main Points from Details
  - Include Examples
  - Indicate Lecture Patterns
  - Allow for Self-Testing
  - Stand the Test of Time
  - Use Abbreviations
Note-taking Systems/Formats

All should include

- Course Name
- Date
- Section for Notes
- Section Summary
- Section for Self-Test (such as Cue Column or Predict Test Questions Section)
Note Taking Systems

- **Cornell Method**

  - Key Terms
  - or
  - Predict Test Questions
  - or
  - Equations
  - Take Notes Here
  - 2-3 Sentence Summary
Professor’s Notes
(such as PowerPoint handouts or course-reader notes)

Your Notes

Self-testing
Method Three: Discussion

<table>
<thead>
<tr>
<th>Question</th>
<th>Prof’s Comments</th>
<th>Student Comments</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>
Method Four: T-Method

Your Notes

Summary

Questions
Make Note Taking Work for Your Brain

B D A
E F B
F U E
R R T
I N T
G F R
STEP 1: Before lecture
Format your paper

After: write key points

take notes here

Record lecture with as much detail as possible.

~ 2 inches.
Keep this column empty as you take notes. Before next class, reduce to key points & test questions.

summarize notes here

Sum up each lecture in a few paragraphs.
**HEP 2500**  
Oct. 1, Fri.

**Hepatitis**  
Inflammation of the liver

5 infectious forms: A, B, C, D, E

*BCD can become chronic. Leads to -cirrhosis of liver -liver cancer

Noninfectious forms. Caused by toxic substances: alcohol, **OD acetam.** (Tylenol)

1) **A:** not chronic. Transmitted by water contaminated by feces or infected person or by food. Vaccine = Y. Only A or A/B vaccine


2) **B:** 5% of people have it chronically. Transmitted by blood, other body fluids (sex, needles). Also mom to fetus. Vaccine = Y. B or A/B

   **symptoms:** same as A. 40% no symptoms. Health workers increased risk. Causes cirrhosis or liver cancer sometimes.

3) **C:** 85% = chronic. Thru blood, needles (before '92 thru transfusions). Also mom > fetus. No vaccination available.
Hepatitis is inflammation of the liver and there are five infectious types – A, B, C, D, E. B, C, D can become chronic and result in cirrhosis or liver cancer. A is transmitted through contaminated water, food, or other infected person. B & C are transmitted through blood or other body fluids as well as from mom to fetus. A & B have vaccines, but C does not. Type C has the highest percentage of becoming chronic.
### Hepatitis

Inflammation of the liver

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<table>
<thead>
<tr>
<th>Type</th>
<th>Chronicity</th>
<th>Transmission</th>
<th>Vaccine</th>
<th>Symptoms</th>
<th>Risk Factors</th>
<th>Complications</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>5% chronic</td>
<td>Blood, body fluids (sex, needles), mom to fetus</td>
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<td>Same as A. 40% no symptoms.</td>
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<tr>
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<td>No</td>
<td></td>
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**Summary**

Hepatitis is inflammation of the liver and there are five infectious types – A, B, C, D, E. B, C, D can become chronic and result in cirrhosis or liver cancer. A is transmitted through contaminated water, food, or other infected person. B & C are transmitted through blood or other body fluids as well as from mom to fetus. A & B have vaccines, but C does not. Type C has the highest percentage of becoming chronic.
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**Def. of hepatitis**

- 5 infectious types: What are they?
- Which types become chronic?
- What two diseases are caused by chronic hepatitis?

**A transmitted by what?**

**Which vaccine for A?**

**How are symptoms of A and B the same? Different?**

**What are symptoms of Type A?**

**Which type are health workers most at risk for?**

**Which types can a mother pass it on to a fetus?**
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Order of Operations:

Please excuse my dear aunt sally

Please Parenthesis or grouping symbols
Excuse Exponents (and radicals)
My Dear Multiplication/Division left to right
Aunt Sally Addition/Subtraction left to right

Example 4: Simplify $9 + 5 \cdot 4 - 3 = \ *
9 + 20 - 3 = \ *
29 - 3 = \ *
26

When you do have more than one mathematical operation, you need to use the order of operations PEMDAS
Order of Operations:

Please excuse my dear aunt sally

When you do have more than one mathematical operation, you need to use the order of operations PEMDAS
### Exam prep 7 steps:

1. Read notes out loud to get info. fixed in memory.
2. Cover your notes; leave Left column uncovered.
3. Ask yourself question or explain concept.
4. Uncover notes to see how much you remembered.
5. If you knew it, go on to next concept. If you missed, review notes again.
6. Check off concepts as you learned them.
7. Next study session: review what you know, but concentrate on what you don’t know.

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### HEP 2500 Oct. 1, Fri.

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