

The Cornell Note Taking Method

Organize! Record! Question! Recite! Review!

The Cornell Method, if applied and practiced, should result in an improved ability to organize significant points and better retention of material. Efficient note taking is the first step to improving your grades. If you learn how to take organized notes you will find it easier to study and review for exams!

Step	Description
Before class starts O rganize your page	<ul style="list-style-type: none">• Draw a line down the left side of your notebook page, about 6.5 cm from the left margin and another line 4cm from the bottom of the page• Write the date in the upper right hand corner• Write the course code/name in the upper left hand corner• Place the lecture title on the upper middle portion of your sheet
R ecord notes in class	<ul style="list-style-type: none">• Keep the notes you take in class to the right side of the line• Indent major supporting details beneath each main idea• Try to use no more than one line for each item• Leave space between topics to add information if needed• At the end of class write a short summary at the bottom of the page regarding the main points covered in class
Formulate Q uestions after class	<ul style="list-style-type: none">• After class formulate questions or point out main ideas in the right hand column• Writing down questions will help you clarify the point and strengthen your memory• When it comes to test time you're already prepared questions will be a good start for exam-studying
R ecite your questions	<ul style="list-style-type: none">• Cover the note taking column with a sheet of paper and recite the answers to your questions or cue-words aloud in your own words.• It is important to recite the answers in your own words because it will help you remember the content more efficiently
R evue each week	<ul style="list-style-type: none">• Spend at least 10 minutes every week reviewing all your notes.• It is proven that if you review notes more frequently you are more likely to retain the information for an exam

EDCN 180	Memory	October 20/13
	3 ways to store information	
	Sensory memory- everything sensed	
Aka working memory (like Computer RAM)	Short term memory- 15-25sec.	
	Stored as meaning	
	5-9 chunks	
(Like hard disk)	Long term memory- unlimited	
Rehearsal: STM to LTM	rehearsal	
	Visualization	
Chunking	Organize information into chunks:	
	Birds, instruments, body parts, etc.	
	Mnemonics	
Roy G. Biv	acronyms	
Every good boy deserves fun	acrostics	
30 days hath September	rhyming	
Unfinished symphony	jingles	
Pato, cabalo	keyword technique	
Room and furniture	loci technique	
Sun, zoo, me, store.....	peg method	
	Using Senses	
	moving	
	draw, diagram	
	visualize	
Summary: Try various memory techniques to discover which one works best for short-term and long-term memory!		