Movement Science 110 General Guidelines for Notes

# GENERAL GUIDELINES FOR NOTE TAKING

## **ORGANIZE**

- Keep one notebook per course
- Loose-leaf binders with pockets give more flexibility in organizing notes adding handouts

## BE COMPLETE AND ACCURATE

- Write down key points, theories, facts, theorems, definitions
- Write down new words
- Write down examples
- · Write down anything given in list form
- · Write down what is written on the board
- · Listen for main points

# REORGANIZE AND REHEARSE

- Reorganize your notes visually (create outlines, diagrams or charts)
- Use different pen colors or highlighters for different types of material
- Try writing brief summaries of the information in your own words
- Review your notes regularly to improve understanding and prevent cramming
- · Make up possible test questions

#### **ENGAGE FULLY**

- Be positive about learning.
- · Always try and sit in the front row
- Plan to start listening as soon as the professor starts taking (don't let other distract you)

## KEEP UP

- Abbreviate! Every subject has words that can be shortened. For example, use b/c for because, w/ for with; or re: for regarding
- Leave space if you fall behind or get confused. Circle terms you do not understand. Write question marks where you want to clarify later, but do not stop taking notes.

## **EVALUATE YOUR METHOD**

- If you feel your notes are not helping, ask your professor for help
- · Seek assistance.

# **SPECIAL HINTS**

#### **BEFORE CLASS**

Do the assigned readings (reading before class will help you identify, understand and organize main points and content in the lecture)

#### **DURING CLASS**

- ➤ Listen for structure
- Listen for introductory and concluding phrases and transitions indicating how the lecture is organized ("Today's topic will include ....")
- Listen for repetition (Repeated items are important)
- Listen for questions (The professor will most likely answer them for you)
- ➤ Pay attention at the end of the lecture, usually the professor will summarize the most important points of the lecture ("Today I discussed....")

## **AFTER CLASS**

- Compare notes with classmates to supplement or clarify what you wrote down
- ➤ If you are confused ask the instructor for help right after class, don't wait to long or you'll forget
- Check for accuracy of material, especially formulas, definitions, and spelling
- ➤ Ask the professor if you need to memorize equations and formulas
- ➤ Make sure you see connections between material from different lectures (try and see the big picture of how concepts relate