

Note Taking: Cornell Method

A NOTE TAKING SYSTEM developed by Dr. Walter Pauk of Cornell University. The Cornell method is a study system for organizing and reviewing your lecture notes. The system increases comprehension and enhances critical thinking. We hope the system improves how you learn and in turn improves your level of mastery.

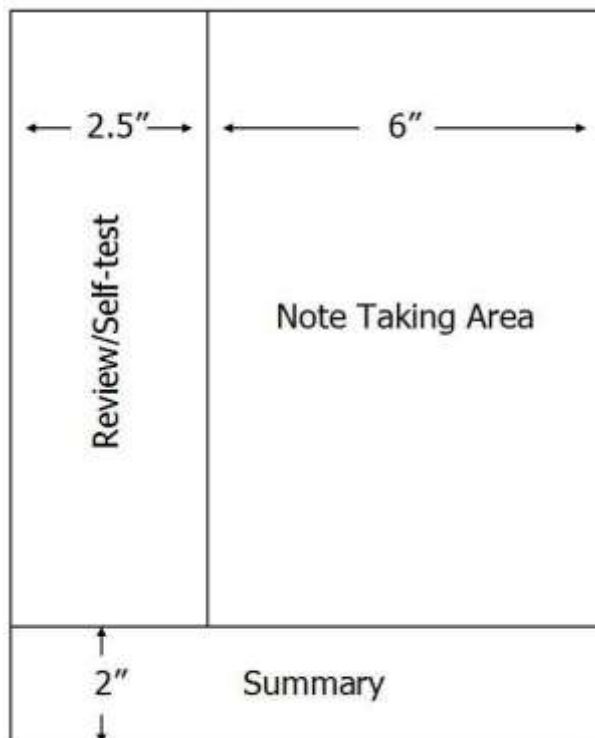
Create the Page:

1. Draw a horizontal line 2 inches from the bottom of your paper.
2. Draw a vertical line about 2 ½ inches from the left edge of your paper.

Step 1: RECORD LECTURE NOTES

The **right, larger column** is where you will write **your lecture notes**. You can use an outline or paragraph format.

- Include any information that the instructor displays on the board, such as diagrams and problems/solutions.
- Add verbal examples, questions/answers, and other relevant, special comments that the professor expresses during lecture.



Step 2: REVIEW YOUR NOTES and CREATE YOUR SELF-TEST COLUMN

Within a day of the class lecture, review your notes. Reviewing lecture material within 24-48 hours of the lecture and several times a week thereafter. Reviewing consistently also alleviates stress.

In the **left column, review/self-test**, write key words or brief phrases to summarize main points of the lecture. Develop and write potential test questions that you think your instructor could ask on a test. Creating practice test questions, which is called self-testing, is a very powerful and successful study strategy that significantly increases your understanding of the material as well as your long-term retention of the information.

Step 3: SUMMARIZE YOUR NOTES

At the **bottom of the page**, prepare a **summary** of the lecture in your own words. Summarizing information is another way of reviewing and critically thinking about what you have learned. Summaries can include diagrams and illustrations, equations, problems/solutions, as well as words.

SAMPLE:

Review/self-test column	Record your lecture notes in this column 32 (notes page#)
<i>-Def. of hepatitis?</i>	<i>Hepatitis (lecture topic) January 24 (lecture date)</i>
<i>-5 infectious types: what are they?</i>	<i>Def: inflammation of the liver. 5 infectious forms</i>
<i>Which types become chronic?</i>	<i>1. <u>A</u>: not chronic. Transmitted by food or water contaminated by feces of</i>
<i>-How are symptoms of A and B the same? Different?</i>	<i>person. Vaccine = Y; alone or w/ B</i>
<i>-What diseases are caused by chronic hepatitis?</i>	<i>symp: flu-like: nausea, fever, fatigue, abd. Pain. Sometimes</i>
<i>-If a health worker had symptoms of nausea, fever, abdominal pain, he/she would have type D. T/F?</i>	<i>Lifelong immunity. Most recover completely. Travel = high</i>
<i>-Which types can a mother pass on to a fetus?</i>	<i>2. <u>B</u>: not chronic 95% of cases. Transmitted through blood, other body</i>
<i>-Which vaccine for A? B? C-E?</i>	<i>shared needles, mom>fetus. Vaccine = Y;alone or with A</i>
	<i>3. <u>C</u>: chronic 85% of cases. Transmitted by blood (transfusions before</i>
	<i>shared needles. Vaccine = N. No initial symp. 10% of chronics</i>
	<i>cirrhosis or liver cancer. Leading cause for transplants. Health</i>
	<i>4. <u>D</u>: chronic. Trans. like B. Vaccine = N. Rare in US & only in those</i>
	<i>Hep B</i>
	<i>5. <u>E</u>: not chronic. Trans. Like A. Vaccine = N. Rare in US. High in So.</i>
<p>Summary</p> <p><i>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.</i></p>	

Step 4: TEST YOURSELF

After you have completed your self-test column and summary, quiz yourself. Cover up the right-hand column where you recorded your notes and use the key words and self-test questions to review the information. Identify the concepts and facts that you had difficulty recalling accurately, and study more carefully the information you didn't know or understand completely.

Stage 5: REHEARSE THE INFORMATION FREQUENTLY

Review your notes and test yourself several times a week until you have a complete and accurate understanding of all of the lecture material. Use your textbook to supplement and clarify your lecture notes to develop a deeper understanding of terms, definitions, and concepts. Reviewing over several days ("distributed review"), versus cramming before a test, ensures deeper learning and increases your chances of remembering what you have learned.