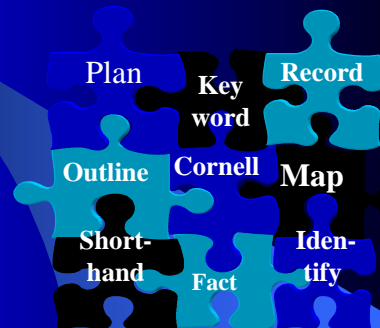


Be Successful: Build Note Taking Skills



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1

General Note Taking Tips

- Label and date your notes
- Write clearly
- Abbreviate
- Use color, pictures and diagrams
- Review your notes

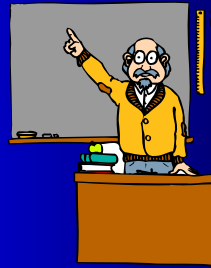


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Different Note Taking Formats

- **Cornell Method**
- **Mapping**
- **Outline**



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3

The Cornell Method

<p>Food groups</p> <p>Goals</p> <ul style="list-style-type: none"> -Proper nutrition -maintain weight <p>Benefits</p> <ul style="list-style-type: none"> -heart healthy -lower cholesterol 	<p>Take Care of Yourself –</p> <p>A. Eat Healthy</p> <ol style="list-style-type: none"> 1. <u>Food Pyramid</u> a guide to food groups and servings <ul style="list-style-type: none"> Meats and dairy products Breads and starches Fruits and vegetables Fats and oils 2. <u>Recommended:</u> <ul style="list-style-type: none"> Eat more fresh produce Eat whole grain products Reduce processed food 3. <u>Benefits</u> – longer life span, higher energy level, fewer accidents, less heartburn <ul style="list-style-type: none"> Helps to maintain weight and proper nutrition
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Mapping Use Visualization



Outline Form

I. Take Care of Yourself

A. Eat Healthier

- 1) Food Pyramid: choose from the different food groups
 - a. Meat: beef, pork, poultry, fish,
 - b. Dairy
 - i. eggs, cheese
 - ii. milk, yogurt
 - c. Breads/cereal/rice/pasta
 - d. Fruits/vegetables
- 2) Recommended Servings
 - a. Eating more fresh produce
 - b. Reduce processed food

B. Benefits:

- 1) Longer life span - Healthy heart; lower cholesterol
 - 2) Higher energy levels
 - 3) To Ensure Proper nutrition
 - 4) To Maintain weight
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Take Notes During Lecture



- Listen actively
- List keywords or main ideas
- Organize facts
- Record
- Abbreviate
- Attend every class



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Take Notes from Readings

- Get the big picture first
- Read for meaning
- Take notes
- Check your understanding



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Take Notes for Projects

- Use index cards
- Make bibliography cards
- Make a set of note cards
- Sort cards



523.1 [A]
BRI
Brian, John
A Guide to the Universe
Any town, Any town Publishing Co. 2003
43pp.

Planets [A]
p.2 There are 9 planets that revolve
around the sun: Mercury, Venus,
Earth, Mars, Jupiter, Saturn,
Uranus, Neptune, and Pluto

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Summary

- Label your notes
- Abbreviate
- Organize
- Review



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10