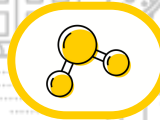**IOWA** | Tutor Iowa

Effective Note-Taking

A Guide to Notetaking

We're glad you're here!

Use your own words!

When you paraphrase, or take notes in your own words, you're forcing your brain to think through the concepts and determine the most important information

In order to learn the material, you have to take an **active role**!

Be intentional!

Ask yourself:

What information will be **helpful for future** assignments, projects, exams, my career, or my own learning

Monitor them!

Am I understanding what's being taught?

What questions do I have?

Write them down & follow up on them!

Review them!

This helps **strengthen your understanding and memory!**

▶ What connections are there between this lecture and previous lectures?

▶ What's the most important information or theme?

Learning 'sticks' easier when you have prior knowledge to connect it to!