



Taking Lecture Notes

Part of a Series: Study Habits that Build the Brain

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Introduction/Overview

- The presentation “Study Habits that Build the Brain” was background information.
- We will present information showing why you should take lecture notes along with some suggestions as to how to use your lecture notes.

Brain Learning Principles

Dendrites, synapses, and neural networks grow from stimulating experiences.

- Visual – Reading or Seeing
- Aural – Hearing
- Writing
- Discussion – Questioning
- Pondering – Thinking

The Combination of Stimuli

Taking lecture notes exposes us to multiple stimuli acting in concert to build the brain.

- We see (**visual**) what is written on the board
- We hear (**aural**) the instructor
- We should be **writing** down what is written on the board and other points made by the instructor
- **Questions** with answers and **discussion** often occur which explain what is taught
- We can be **thinking** of questions to ask

Multi-Tasking - I

The concept of multi-tasking has been around for a while. We used to ask if a person was smart enough to chew gum and walk at the same time. Most people can do both because they are handled by a portion of our brain that has already built the gray matter. These tasks become almost automatic without thinking about them.

Multi-Tasking – 2

I often do multi-tasking. I might play a computer game and carry on a conversation at the same time.

But, ask yourself the question?

Can I really concentrate on learning when I am multi-tasking?

I think the answer is, “NO!”

Multi-Tasking – 3

Why would an instructor prohibit the use of computers during a lecture portion of the course?

Most likely because he believes it disrupts the learning process. He wants you to concentrate on learning.

Few students can effectively take lecture notes on a computer in subjects that are math or scientifically oriented.

Multi-Tasking – 4

The instructor wants you to concentrate on learning. A lot can happen during a lecture portion of a class. Something may be written on the board that is not in your textbook. A different approach to understanding an item might be presented during the lecture or as an answer to a student's question. Recording these items within your lecture notes is critical.

What to do After the Lecture

- Some suggestions:
 - Re-write the notes making them more organized and neat. Reinforces learning because you have to **ponder** and **think**.
 - Within many courses the instructor provides Learning Objectives with each module. Use the notes to confirm your understanding of the objectives. This also is a pondering and thinking activity.

Questions/Comments

- You can interact with other students via Discussions postings or Email to get suggestions on how they effectively take lecture notes.
- You can contact your instructor if you have any questions.



THE END