The Cornell Method

How to use:
- Divide a sheet of paper by drawing a vertical line from top to bottom about 2” from the left side of the page.
- Write student name, course, date, and page number at the top of the page.
- During lecture record main ideas and concepts on the right side of the page, the notes column.
  - Rephrase the info in your own words before writing it down.
  - Skip one line between ideas and several lines between topics.
  - Avoid writing in complete sentences. Use symbols and abbreviations.

- After class review the notes in the right column and clarify ambiguous information. Compare the notes you captured with books or other student's notes.
- Pull main ideas, concepts, terms, places, dates, and people from the right column and record them on the left side of the page, the recall column.
- Prepare a summary of the lecture material and record it at the end of the notes.
  - Summary may be in sentences or short phrases.
  - Summary should include main ideas from the lecture.

Benefits:
- More organized notes
- Allows quick identification of key words and key concepts from a lecture
- Notes can be easily used as a study guide
- Information is organized so that it is easy to scan

Example
<table>
<thead>
<tr>
<th>Motivated Interest</th>
<th>Selectivity</th>
</tr>
</thead>
<tbody>
<tr>
<td>- purpose for learning</td>
<td>- choose</td>
</tr>
<tr>
<td>- improved memory</td>
<td>- taking too much rel. to</td>
</tr>
<tr>
<td>- personal example?</td>
<td>a “fear of failure”</td>
</tr>
</tbody>
</table>

1. **Motivated Interest**
   - important to have purpose for learning and a real interest in subject
   - interest leads to better attention and possibility for improved memory
   - e.g., remembering the phone # of a prospective employer vs. recalling uninteresting statistics on the batting averages of world series baseball players from 1957

2. **Selectivity**
   - important to choose information relevant to your purpose as a learner
   - most students try to take in too much, irrelevant information
   - not selecting related to a “fear of failure”