

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

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Principles of Effective Learning

Motivated Interest

- purpose for learning
- improved memory
- personal example?

Selectivity

- choose
- taking too much
rel. to
a "fear of failure"

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"