

The Cornell Method of Note-Taking

The Cornell Method is an efficient note-taking system designed to save time by eliminating rewriting and retyping of your notes.

Recall Column

- Draw a line 2 ½ inches from the left side of the paper, and use this as the recall column for key words and phrases.
- **Reduce** lecturers' ideas and facts to concise statements, summaries, and questions.
- Use the Recall Column as a quick reference when studying notes later.

Note-taking Column

- Use the right-hand side of the paper for note-taking.
- **Record** your notes in a paragraph format.
- Make sure the notes are legible and meaningful.
- Use abbreviations to save time.
- Skip lines to show the end of ideas or thoughts.
- Number note pages.

After Your Lecture

- **Review** notes, fill in missed materials, and underline important ideas.
 - Test yourself using words in the "Recall Column."

Example:

Recall Column	Note-taking Column
Psych 100 7/28/06 ○ <i>Nrn(s) = Neuron(s)</i>	
<i>Definition of nrn.</i>	<i>Neurons: Cells that are highly specialized to receive and transmit info throughout the body.</i>
<i>3 types of nrns and functions</i>	<i>There are 3 types of important nrns.</i> 1. <i>Sensory: Convey info about environment</i> 2. <i>Motor: Convey info to muscles and glands</i> 3. <i>Interneurons: Convey info b/w nrns</i>
<i>Nrn's chracteristics & components</i>	<i>The nrn is the basic unit of communication and has three basic components which are (1) the cell body, (2) the dendrites, and (3) the axon.</i> 1. <i>The cell body is the powerhouse of the nrn and contains the nucleus.</i> 2. <i>The dendrites collect info and receive inputs frm neighboring nrns.</i> 3. <i>The axon is the cell's output structure; there's only one axon per cell.</i>
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