

## WHY YOU SHOULD TAKE NOTES



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### THIS IS WHY:

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- The information your professor delivers in class will be the information they use to generate questions for tests and exams
- Really, they're just giving you all the answers to any question you might be asked, so WRITE. IT. DOWN.
- Taking notes, which is how you obtain information through lectures, is the first stage in the learning process
- You can't further your understanding of a concept if you're not acquiring that concept at all
- And how do you study if you have no physical material to review?
- Recording lecture material not only helps you maintain focus in class (remember our discussion on boring lectures?), but the act of physically writing down information helps you to better remember it
- Our brains recall information via different pathways or tracks
- Hearing, writing, seeing – each one is a track through which information can be stored and later recalled
- So, write the best possible notes you can! Check out the other handouts in this section on how to do just that

\*When possible, write your notes over typing them on a laptop. The physical act of writing forces you to think on the material more deeply, which helps you to retain and recall