

PRE-LECTURE WARM UP



You warm up before jogging. Do some stretching, jumping jacks, tighten your shoelaces. Have a drink of water, maybe a cry... but then you go!

The same is true for note taking (minus the tears). Please read the below list of strategies to help you get in tip-top note taking shape.

Check Your Syllabus

- Your brain, my brain, and the brain of the person on the bus who picks their nose, all like to take information and discover how it fits into something bigger
- In other words, our brains naturally look for patterns and connections between pieces of information
- Look at your syllabus before you go to class
- Be aware of exactly what content your professor will be lecturing on
- Not only does this tell you what to expect (which will help you to listen actively), but by doing this before each class, you will see how each class (the part) relates and fits into the entire course (the whole)

Review Your Notes

- Again, do this before each class
- Even if you only get 60 seconds of reading in before your professor starts giving you test answers
- By reviewing your notes from the previous class, you make it easier to connect the present lecture material to what you already know

Take a Seat

- Where you sit, matters
- The best place to sit is at the front of the classroom, near your professor
- Yes, this is nerdy, but nerdy is so cool when it comes to university!
- Plaid, shoulder pads, sneakers that light up... these trends come and go, but prime seating for effective note taking will never go out of style
- By sitting at the front, you have a great view of any slides your professor might present or any content they may write on the board
- It also increases eye contact with them, which in turn increases your attention because you feel more involved in the class, and it helps them remember who you are which can influence their evaluation of your academic performance come paper and exam season

Take a Smart Seat

- Sit beside the right students
- Are they taking notes? Or are they talking about the hot shoulder pads at the mall?
- Your attention span has a limit
- Taking good notes is a demanding task. Make life easier by distancing yourself from those who may distract you
- And be aware of how you sit
- Do you slouch? Cradle your head in your hands? If you do these things, please stop
- Sit upright and lean forward
- This position makes you alert and when you're alert, you're taking good notes

Cuseo, Joseph B, Aaron Thompson, Michele Campagna, Viki Sox Fecas. *Thriving in College and Beyond: Research-Based Strategies for Academic Success and Personal Development*. Dubuque: Kendall Hunt Publishing Company, 2016.

Fleet, Joan, Fiona Goodchild, Richard Zajchowski. *Learning for Success: Skills and Strategies for Canadian Students*. Toronto: Harcourt Brace Jovanovich, Canada Inc., 1990.