

CORNELL NOTES

Our Middle School teachers want to prepare scholars for advanced lecture courses. We practice Cornell note taking with our students and require them to keep careful notes in class as each teacher disseminates valuable information.

The Cornell method was devised by a Cornell professor in the 1950's to assist students in college. Many high schools now use this method to students in note-taking. It is the suggested method in the AVID program and helps prepare scholars for university work.

THE FIVE R'S OF NOTE TAKING:

- 1. Record.** During the lecture, as many meaningful facts as possible are recorded.
- 2. Reduce.** As soon after class as possible, ideas and facts are concisely summarized in the Recall Column. Summarizing clarifies meanings and relationships, reinforces continuity, and strengthens memory.
- 3. Recite.** Most of the page is covered and the student tries to recall as much of the lecture as possible, using only what has been written in the Recall Column. This procedure helps to transfer the facts and ideas to the long term memory.
- 4. Reflect.** The student's own opinion is distilled from the notes. This also has the effect of training the mind to find and categorize vital information, leading to more efficient memorization.
- 5. Review.** The student reviews the notes briefly but regularly. Because of the highly condensed nature of the notes, the student remembers a significant amount of material.