



Making the Most Out of Notes

...most forgetting of material occurs
within the first 24 hours

...2 weeks later, you will forget up to 70%

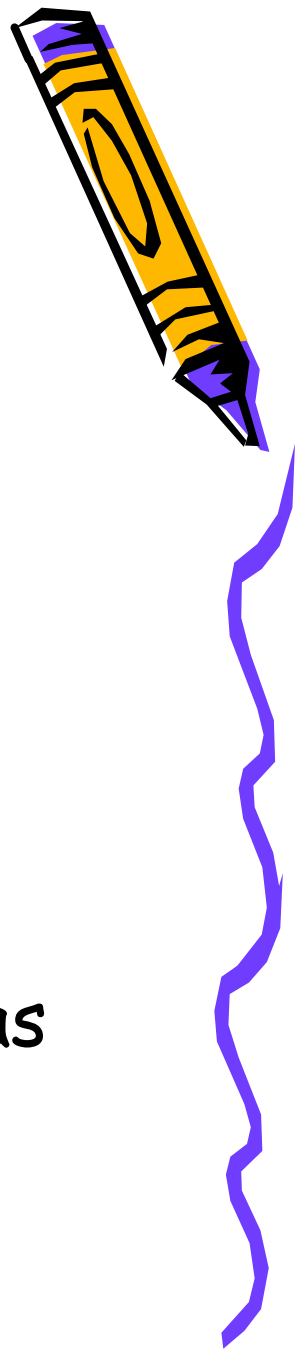


The 5R Method

1. Record-Getting the BIG IDEAS
2. Rewrite-Making your notes CLEAR
3. Recite-Putting notes INSIDE you
4. Reflect-Creating CONNECTIONS
5. Review-NOT CRAMMING



Record: Where it Begins



- Note Structure
 - Leaving extra space (margins, lines)
- Use **YOUR** language
 - Abbreviations, phrases, etc.
- Targeting the **BIG IDEAS**
 - Capture primary then supporting ideas



Rewrite: Providing Clarification



Two Options

1. Recopy or Rewrite

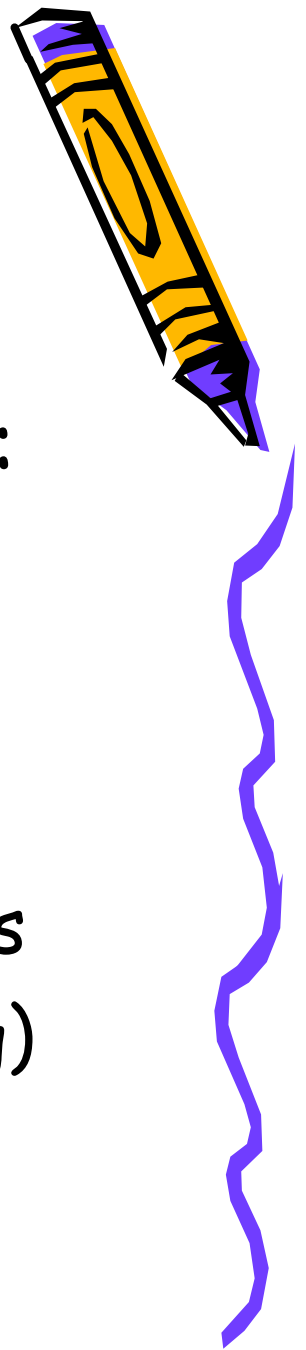
- Helps learn the material as you reread and write again

2. Review and Use Margins

- Use this if limited time



Rewrite: Providing Clarification Cont'd

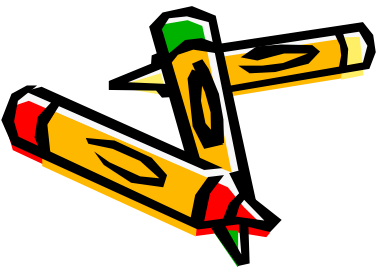
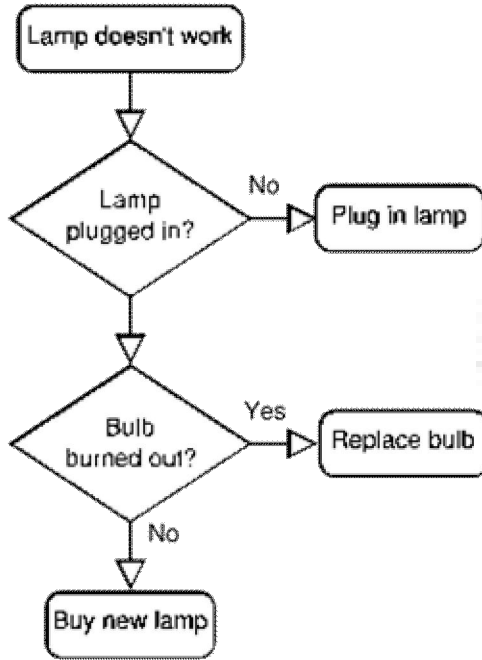
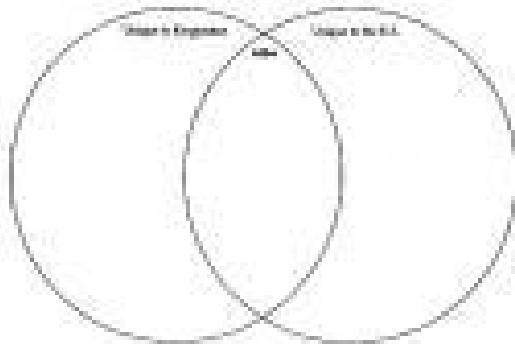


Some Helpful Hints When Rewriting:

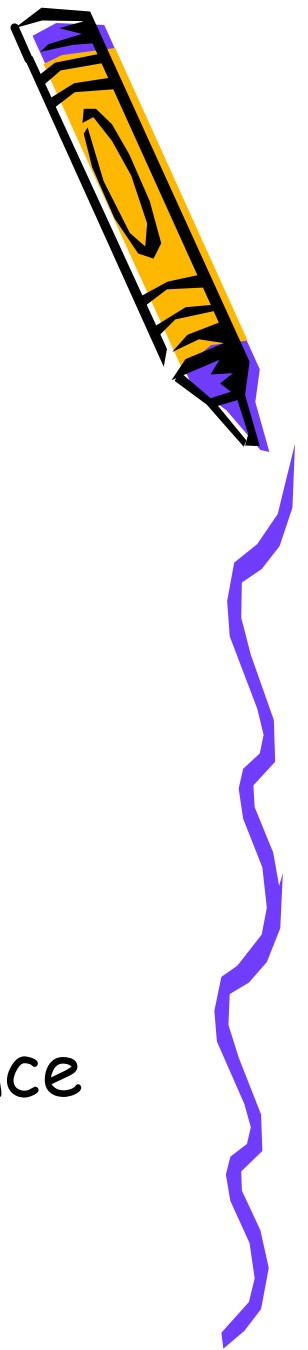
- Incorporate text-fill in holes
- Jot down questions
- Create Mind Maps
 - Flow charts, Venn Diagrams, Pyramids
 - Use visualization (one way of learning)



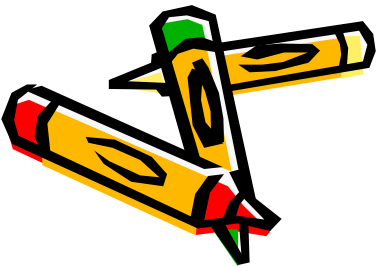
Life in Kyrgyzstan and Life in the U.S.



Reviewing Notes: Recite and Reflect



- Avoid cramming
 - You may lose up to 80% of material
- Use spare time (ex. 3-4 minutes before class)
- Read your notes aloud
- Establish a connection
 - Pneumonic devices, personal experience



Summary

- Record-foundation must be set
- Rewrite-to make clear
- Review-to ingrain in mind
- Questions???

