Assessing Note-Taking Strategies

Kortschak Center for Learning and Creativity
Effective Note-Taking

● Key to your success in college
● Recording Main ideas & supporting details

(Seli & Dembo, 2020)
Self-Observation

- Evaluate your current note-taking strategies

(Seli & Dembo, 2020)
Do you complete the assigned readings before each lecture?

This is something you should be doing (Omrod 2015, as cited in Seli & Dembo, 2020)
Do you try and sit as close as possible to the lecturer?

This is something that may be helpful (Seli & Dembo, 2020)
Do you doodle during a lecture?

This is something you should avoid doing (Titsworth & Kiewra 2004, as cited in Seli & Dembo, 2020)
Do you avoid listening when difficult information is presented?

This is something you should avoid doing (Seli & Dembo, 2020)
Do you condense main ideas rather than write complete sentences?

This is something you should be doing (Mueller & Oppenheimer, 2014)
Do you use abbreviations?

This is something you should be doing (Seli & Dembo, 2020)
Do you daydream during lectures?

This is something you should be avoiding (Seli & Dembo, 2020)
Do you separate main ideas from examples and other secondary information?

This is something you should be doing (Omrod 2015, as cited in Seli & Dembo, 2020)
Do you make a notation in your notes for information you don’t understand?

This is something you should be doing (Heiman & Slomianko, 1993, McWhorter, 2010, as cited in Seli & Dembo, 2020)
Do you attempt to control distractions around you?

This is something you should be doing (Mueller and Oppenheimer, 2014)
Do you try to determine the organization of the lecture?

This is something you should be doing (Seli & Dembo, 2020)
Do you review your notes each day after class?

This is something you should be doing after each class (Seli & Dembo, 2020)
Do you understand your notes when you begin preparing for an exam?

This is something you should be doing (Heiman and Slomianko, 1993, as cited in Seli & Dembo, 2020)
Do you take effective notes from PowerPoint based lectures?

This is something you should be doing each lecture (Seli & Dembo, 2020)
## Self-Observation Review

Take a moment to evaluate your current note-taking strategies

<table>
<thead>
<tr>
<th>Question</th>
<th>Always</th>
<th>Sometimes</th>
<th>Never</th>
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</thead>
<tbody>
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References
