

Cornell Notes

Concorde Career College



Agenda

Presentation title



- Intro
- Samples
- Class assignments

20XX

2

Introduction

Cornell notes offer a method of note taking and associated test preparation. By using the Cornell notes format in class and then reviewing and summarizing the notes after class, you save time studying and do better on tests.

Form

Date:	Name:
Subject:	
<i>Recall here. Prep this part after class.</i>	<i>Put notes here during lecture.</i>
<i>Questions and key points in this column.</i>	<i>Put color in your notes. It helps you remember things.</i>
Key Terms:	
<i>Meds to remember:</i>	
<i>Summary</i>	
<i>Prep the summary after class.</i>	

Notes and summary

- Take notes during class. Use color.
- Use as many pages as needed.
- Write review questions and key terms in the left column.
- Complete the summary section at the bottom after class. Summarize just what's on that page.

CORNELL METHOD NOTETAKING

IS SO EFFECTIVE OMG WHY WEREN'T WE TAUGHT THIS IN STUDY SKILLS

by lavidapoliglota.tumblr.com

~2 inches



2. THIS IS THE RECALL COLUMN

As soon as possible after lecture, review the notes column, take main ideas, key concepts, and important facts and write them in the recall column

1. THIS IS THE NOTES COLUMN

During lectures, note main ideas and concepts. Don't mindlessly copy - rephrase what you can to retain information

Skip one line between ideas,

several between topics

Avoid writing in complete sentences, use symbols and abbreviations, e.g.:

Pelayo, a descendant of the Visigoth aristocracy, founded the Kingdom of Asturias in 718.

Pelayo (dscdt/Visigoth arist.) fd. Asturias 718

3. THIS IS THE SUMMARY SECTION

GUESS WHY IT'S CALLED THAT

Summarise main points here at the end

Info taken from

<http://www.heritagehawks.org/faculty/dbrown/HistoryClass/TheCornellMethod.htm>

Repetition: Class Day 10 minutes

- Add color
- Fill in gaps
- Circle key terms
- Highlight main ideas
- Put ? Beside points of confusion
- Put * by possible test questions

Stomach

What is the anatomy of the stomach?

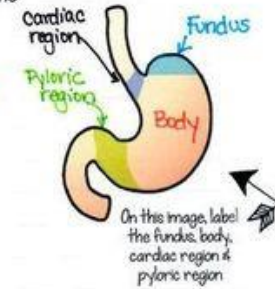
Stomach = muscular sac with thick walls
The stomach continues the processes of mechanical and chemical digestion.

What are sphincters and what is their function in the digestive system?

Thick rings of muscle that act as gatekeepers to regulate food movement

What two sphincters are located in the stomach?

- Cardiac sphincter = separates esophagus from stomach
- Pyloric sphincter = separates stomach from small intestine



How does mechanical digestion occur in the stomach?

The stomach has a slippery outer layer of serosa, followed by 3 layers of muscle:

- Longitudinal muscularis
- Circular muscularis
- Oblique muscularis

These muscles help to churn food and propel it towards the small intestine. The churning process is known as maceration.

What are rugae? "wrinkles" in the mucosa that can stretch when full



How does chemical digestion occur in the stomach?

The mucosa layer of the stomach contains several specialized gastric gland cells:

- Mucous cells - secrete mucus to protect stomach lining
- Chief cells - secrete pepsinogen (inactive enzyme)
- Parietal cells - secrete HCl to kill microbes in food & convert pepsinogen into pepsin, which breaks down food proteins.

The soupy mixture formed from the squeezing of the stomach and the addition of these gastric juices is known as chyme.

Summary:

The stomach is made of 3 muscular layers and an outer layer of serosa. During maceration, the stomach churns the food and gastric gland cells add chemicals and enzymes leading to the formation of chyme.

- Collaborate with study buddy
- Add ore color
- Clarify points of confusion
- LEFT column - write study questions for main ideas

**Repetition:
Evening
10 minutes**

Cornell Note Taking Method

Cues

- Main Ideas
- Questions that connect points
- Prompts to help you study

When:
After class,
during review
2.5 inches

Notes

- Record the lecture here, using
 - Concise sentences
 - Symbols
 - Abbreviations
 - Lists
 - Skip space between points

When:
During Class

6 inches

Summary

When:
After class, during review

- Top-level main ideas
- For quick reference

2 inches

- Collaborate with study buddy
- SUMMARY section - add words that answer study questions
- 1 sentence/question
- Fold up this section to review questions and notes to study for test

Repetition: Within 7 days

Assignment

Class day

- Take notes.
- Add review questions and key terms.
- Summarize the page

Next day

- Review your notes with your group.
- Add/delete information.
- Instructor will review your notes during review.
- This is a graded assignment!



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Thank you