Student Success Skills for Polar Bears

Note taking strategies Reading Notes

- **Organize notes into a logical form** using a note taking system such as outlining, mapping or the <u>Cornell method</u>.
- **Highlight the key points** and distinguish main points from details.
- **Take notes selectively.** Instead of copying information word by word from your reading, translate ideas into your own words.
- **Record possible questions** related to the material. This makes it easy to follow up with professors during office hours or next time in class.
- Annotate your notes by asking yourself questions, such as
 - Why is this important?
 - What does it mean?
 - How does it work? (e.g., the system/formula/mechanism, etc.)
 - \circ How does it connect or contrast with other concepts in the course so far?
 - How does it relate to information presented in lecture or other readings?
- **Make it visual** by using diagrams, illustrations, color highlighters, or any other kind of visual that helps you emphasize what is most important to remember.
- **Keep your notes organized** by numbering your pages and indicating the book chapter or article you are referencing at the top of the page.
- **Cite your sources** as you take notes and specify where information is coming from, e.g. from a book, an online article, a lecture note, etc.
- Write a summary at the end of one set of notes, or at the end of each page of notes.
- Write by hand and utilize its kinesthetic value, which boosts learning in a way that doesn't happen when you're typing.
- **Type your notes** if you want to process them deeper, or if you prefer the convenience of digital organization. Use note-taking apps such as Microsoft OneNote, Evernote or new favorites such as <u>Roam Research</u> or <u>Notion</u>.

Resources: Rasmussen College and Stanford University.

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BALDWIN CENTER FOR LEARNING AND TEACHING Want to meet with an Academic Coach? Contact Tina Chong (cchong2@bowdoin.edu)

Academic Coaching