

**The Cornell method is a simple, structured way to take notes. It keeps your notes organized, easy to review, and doubles as an effective study guide.**

## 1 Divide the Page

- Use loose-leaf paper and draw a vertical line about 2" from the left margin.
- Write on one side of page only.

## 2 Document

- At the top of each page, include your name, course, date, and page number.

<b>Name:</b> _____ <b>Date:</b> _____ <b>Course:</b> _____	
<b>Recall Column (2.5")</b>  <i>Key Words</i>  <i>Reword key concepts and definitions.</i>  <i>Record recall cues</i>	<b>Notes Column (6")</b>  <h3>3 Record Notes</h3> <p>During lectures, write key ideas in the <i>Notes Column</i> (right side).</p> <ul style="list-style-type: none"> <li>• Use your own words.</li> <li>• Skip lines between topics.</li> <li>• Use abbreviations or symbols instead of full sentences.</li> <li>• Write definitions clearly.</li> </ul> <h3>4 Review and Clarify</h3> <p>After class, review your notes</p> <ul style="list-style-type: none"> <li>• Fill in missing details</li> <li>• Compare with the textbook or classmates' notes.</li> <li>• Write keywords and main concepts in the <i>Recall Column</i> (left side).</li> </ul>
<h2>5 Summarize</h2> <p>At the bottom of each page, briefly summarize the main ideas from the lecture.</p> <ul style="list-style-type: none"> <li>• Use your summaries and Recall Column to quiz yourself and reinforce learning.</li> </ul>	

# The 5 R Study System

**Studying with the Cornell method works well using the 5 R Study System. It can help you organize, retain, and understand lecture material more effectively.**

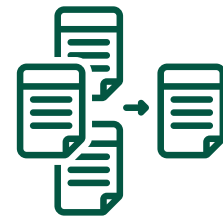
## 1. Record

- During the lecture, write down key facts and ideas in the Notes Column.
- Be thorough and write legibly.



## 2. Reduce

- Soon after class, summarize the main ideas in the Recall Column.
- This helps clarify concepts, strengthen memory, and prepare you gradually for exams.



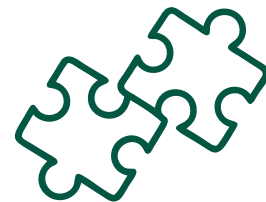
## 3. Recite

- Cover the Notes Column and use only your Recall Column to test yourself.
- Recite the material in your own words, then check for accuracy.
- This process helps move information into your long-term memory.



## 4. Reflect

- Think deeply about what you've learned.
- Make connections, resolve contradictions, and relate new information to what you already know.



## 5. Review

- Spend about 10 minutes each week reviewing your notes.
- Regular review helps you retain information and apply it more effectively over time.

