

Today's Date

Capture

Left side =

Taking notes,

-Info teacher gives

Focusing Tool,

-Better than doodling

Think about what to learn

Identify what's important

Prioritize information

Create

Right side =

Impressions

-ask questions

-thoughts that occurred

-feelings

Right-brain vs. left-brain

CREATING

How often?

Best times?

Review Notes - After Class

-Essential for remembering

-Fill in the blanks you missed

Use to

-Test yourself

-Teach yourself

-Memorize/summarize