



[Note Taking – Why?]

Promotes Active Listening

Provides Accurate Record of Info

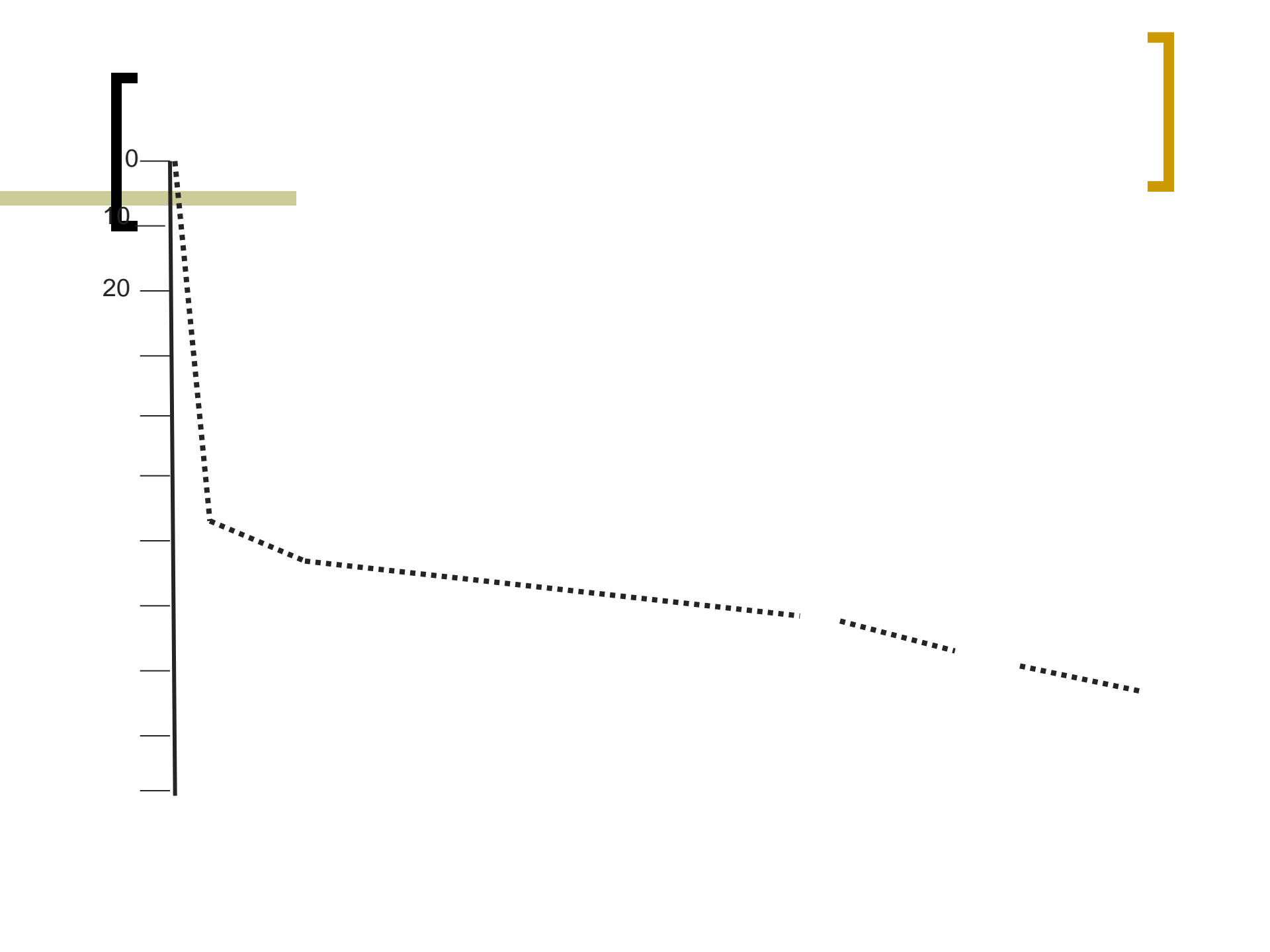
Makes You **Restructure** Information

- Interpret (give meaning)

- Condense

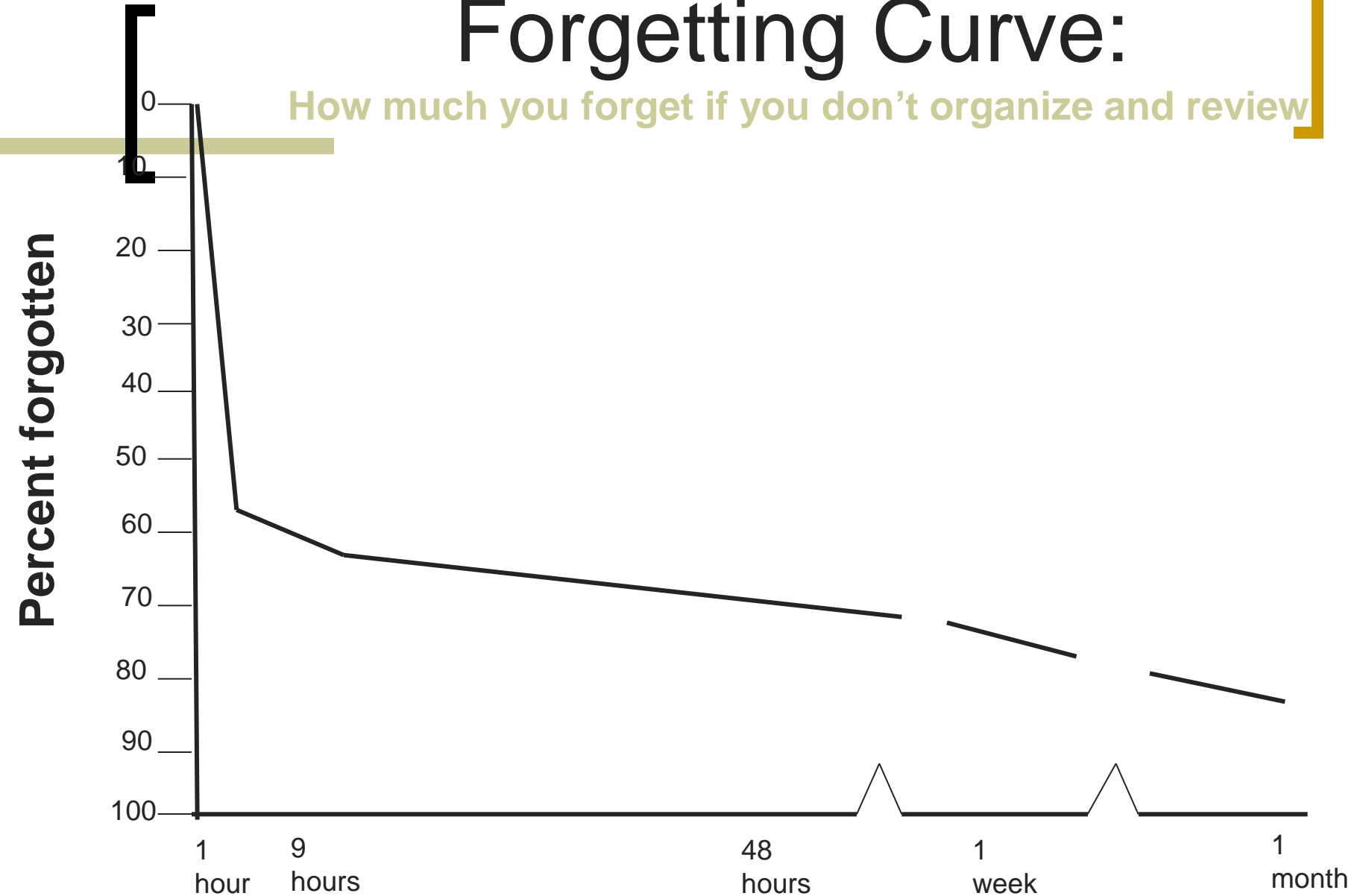
- Organize

Provides Repetition

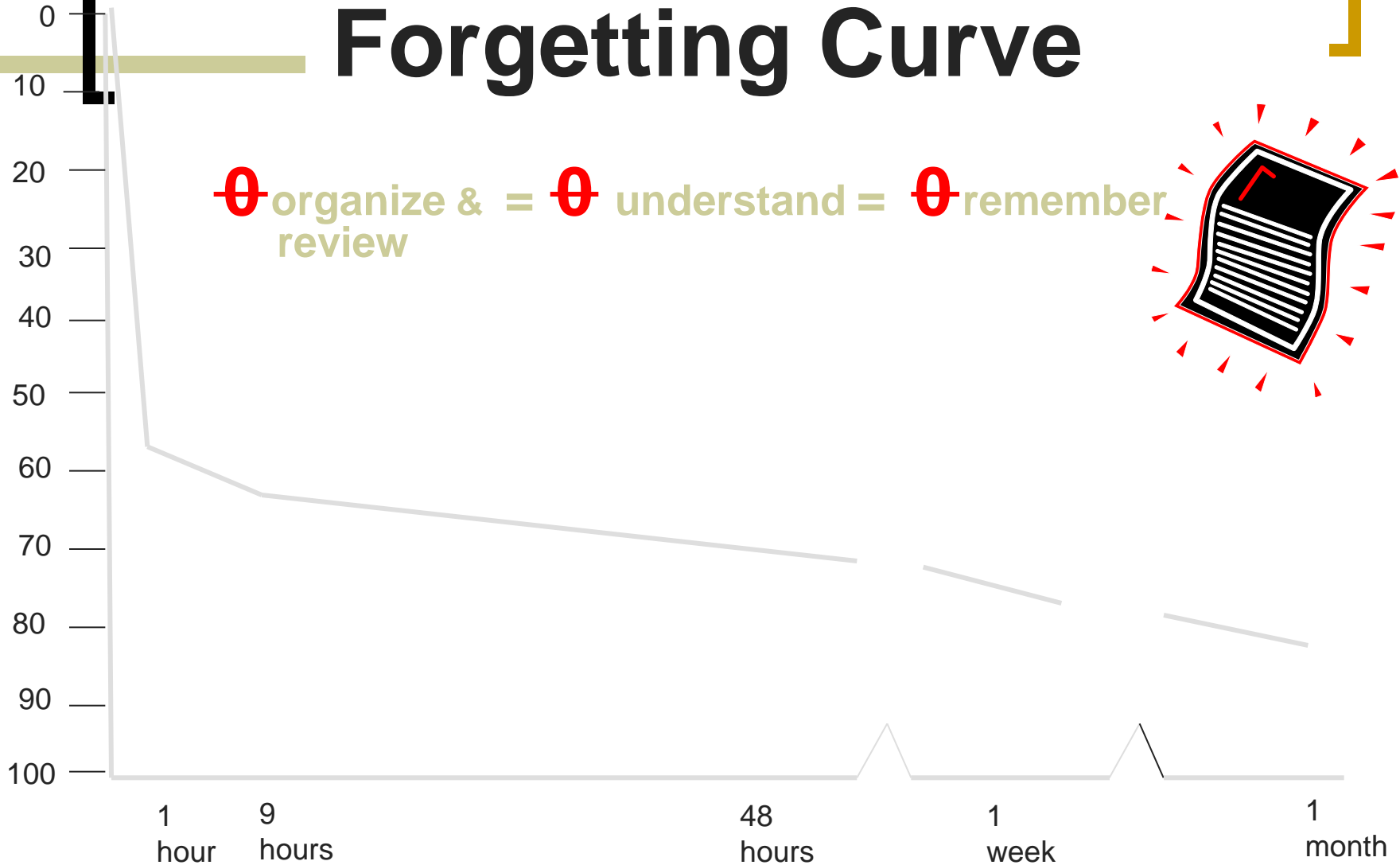


Forgetting Curve:

How much you forget if you don't organize and review



Forgetting Curve



[Characteristics of Good Notes]

Good Notes:

Are Organized

Distinguish Main Points from Details

Include Examples

Indicate Lecture Patterns

Allow for Self-Testing

Stand the Test of Time

Use Abbreviations



[Note-taking Systems/Formats]

All should include

Course Name

Date

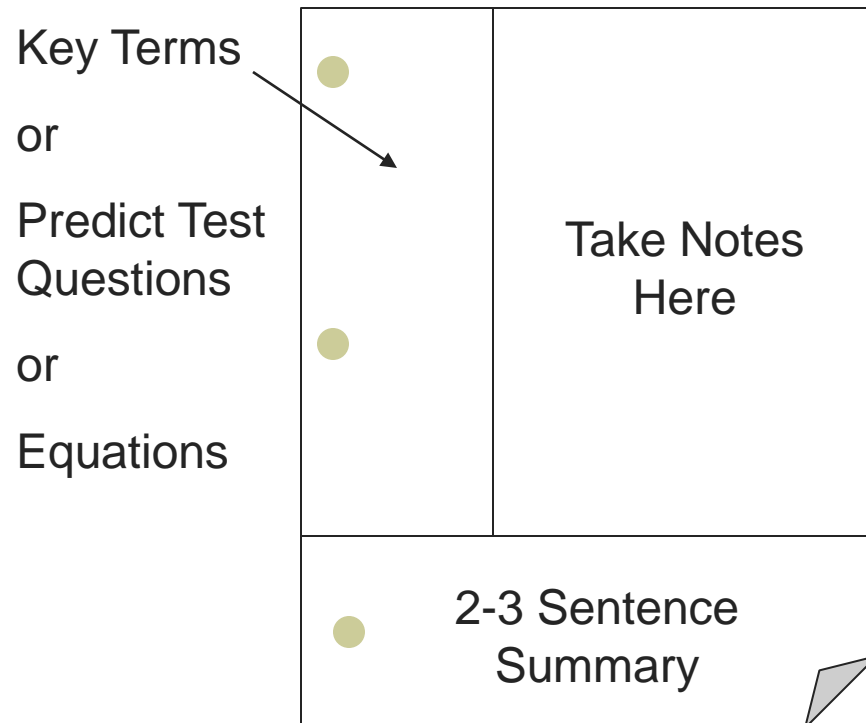
Section for Notes

Section Summary

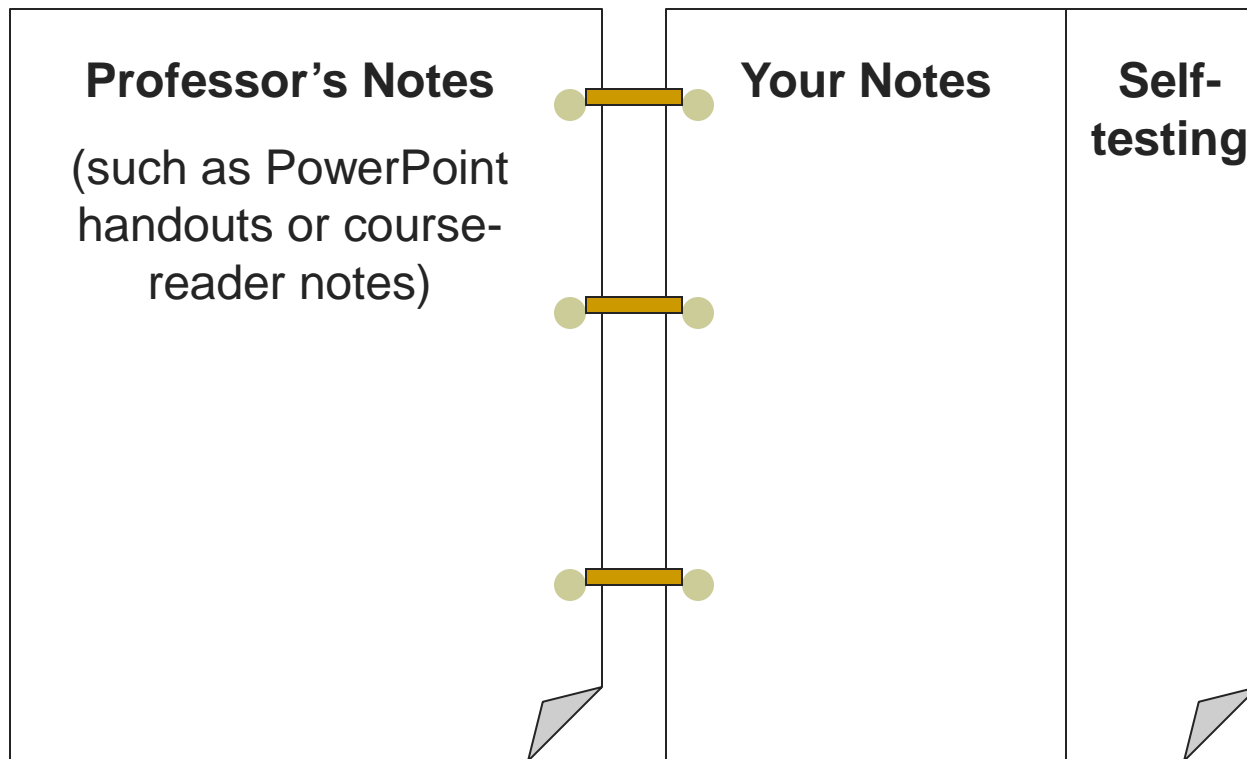
Section for Self-Test (such as Cue Column or
Predict Test Questions Section)

[Note Taking Systems]

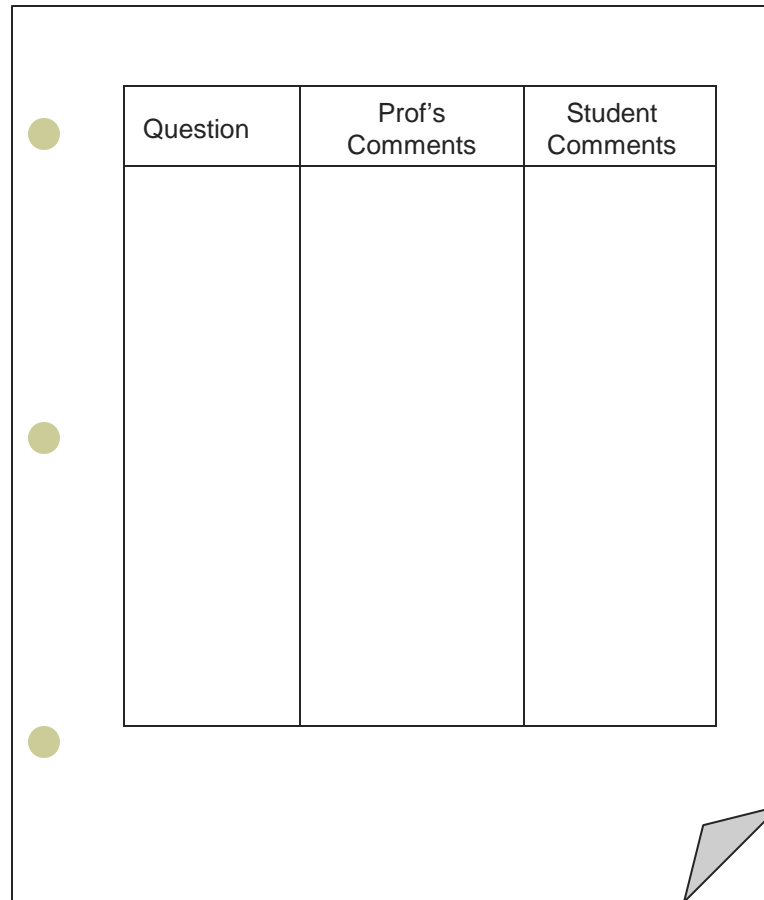
Cornell Method



[Split-Page]



Method Three: Discussion Columns



The image shows a graphic of a document page. On the left side, there are three green circular bullet points. In the center, there is a table with three columns and two rows. The first row contains the headers 'Question', 'Prof's Comments', and 'Student Comments'. The second row is empty. The bottom right corner of the document page is folded over, showing a grey shadow.

Question	Prof's Comments	Student Comments



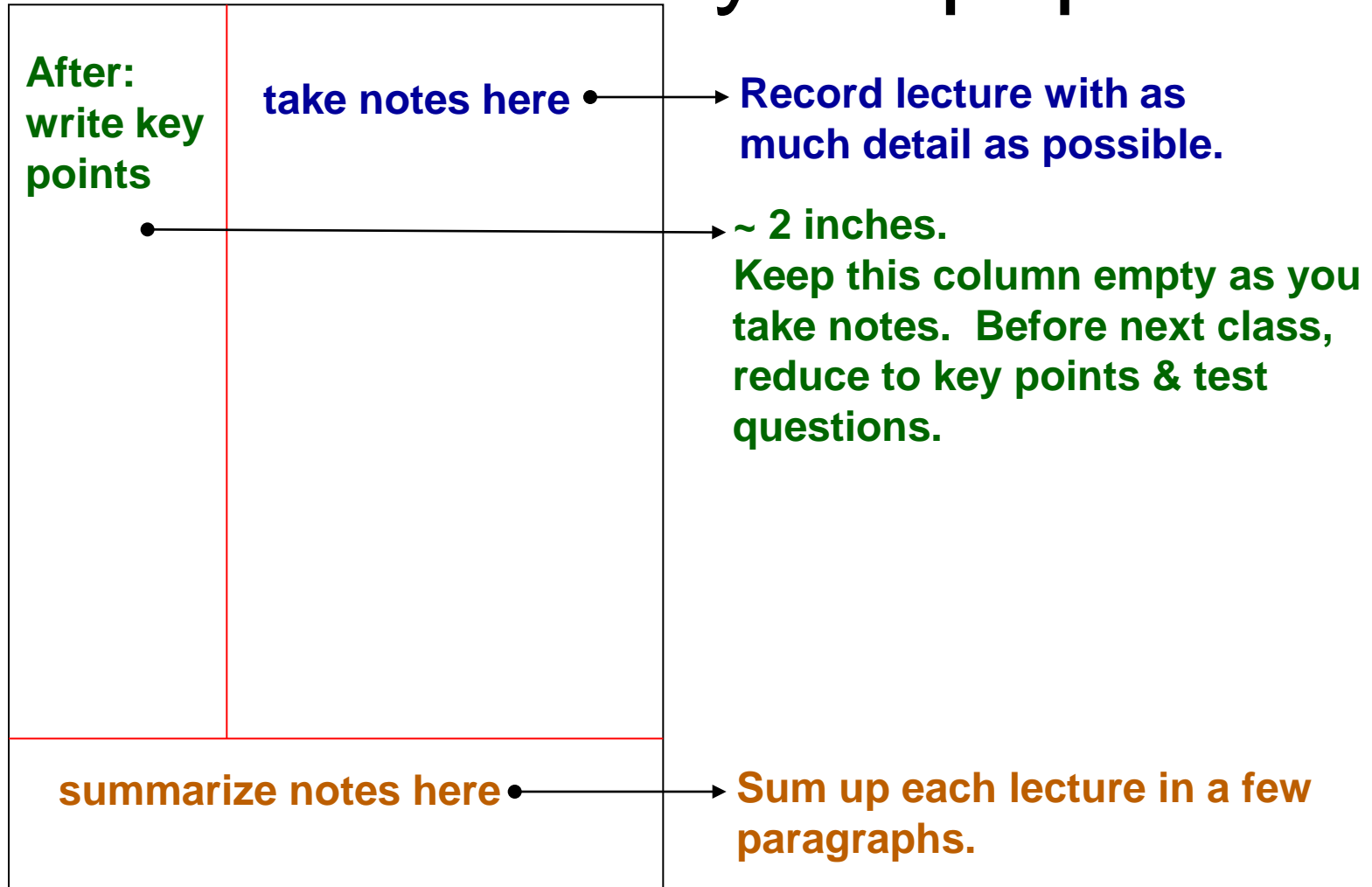
[Method Four: T-Method]

<p>Your Notes</p> <p>●</p> <p>●</p>	
<p>Summary</p> <p>●</p>	<p>Questions</p>



STEP 1: Before lecture

Format your paper



HEP 2500

Oct. 1, Fri.

Hepatitis

Inflammation of the liver

5 infectious forms: A,B,C,D,E

**BCD can become chronic. Leads to

-cirrhosis of liver

-liver cancer



After lecture

Write in key points and create questions

Def. of hepatitis

5 infectious types

What are they?

Which types become chronic?

What two diseases are caused by chronic hepatitis?

“A” transmitted by contaminated water, food, or infected person.

Which vaccine?

What are symptoms of Type A?

How are symptoms of A and B the same? Different?

Which type are health workers most at risk for?

Which types can a mother pass on to a fetus?

HEP 2500

Oct. 1, Fri.

15

Hepatitis

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5 infectious forms: A,B,C,D,E

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-liver cancer

Noninfectious forms. Caused by toxic substances: alcohol, OD acetam. (Tylenol)

1) A: not chronic. Transmitted by h2O contaminated by feces or infected person or by food. Vaccine = Y. Only A or A/B vaccine

symptoms : sometimes none. Flu -like. Nausea, fever, fatigue, abdominal pain. Most people recover 100%. Lifelong immunity. Hi risk in certain countries.

2) B: 5% of people have it chronically. Transmitted by blood, other body fluids (sex, needles). Also mom to fetus. Vaccine=Y. B or A/B

symptoms: same as A. 40% no symptoms. Health workers increased risk. Causes cirrhosis or liver cancer sometimes.

3) C: 85% = chronic. Thru blood, needles (before '92 thru transfusions). Also mom > fetus. No vaccination available.

Hepatitis is inflammation of the liver and there are five infectious types – A, B, C, D, E. B,C,D can become chronic and result in cirrhosis or liver cancer. A is transmitted through contaminated water, food, or other infected person. B & C are transmitted through blood or other body fluids as well as from mom to fetus. A& B have vaccines, but C does not. Type C has the highest percentage of becoming chronic.

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Summary Hepatitis is inflammation of the liver and there are five infectious types – A, B, C, D, E.
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Def. of hepatitis

Hepatitis
Inflammation of the liver

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5 infectious forms: A,B,C,D,E

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-liver cancer*

What two diseases are caused by chronic hepatitis?

Noninfectious forms. Caused by toxic substances: alcohol, OD acetam. (Tylenol)

A transmitted by what?

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Which vaccine for A?

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What are symptoms of Type A?

2)B: 5% of people have it chronically. Transmitted by blood, other body fluids (sex, needles). Also mom to fetus. Vaccine=yes. B or A/B

How are symptoms of A and B the same? Different?

symptoms: same as A. 40% no symptoms. Health workers increased risk. Causes cirrhosis or liver cancer sometimes.

Which type are health workers most at risk for?

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Summary: *Hepatitis is inflammation of the liver and there are five infectious types – A, B, C, D, E. B,C,D can become chronic and result in cirrhosis or liver cancer. A is transmitted through contaminated water, food, or other infected person.*

Order of
Operations:

Please excuse my
dear aunt sally

Math 1010 Jan. 16

5

Please Parenthesis or grouping symbols
Excuse Exponents (and radicals)
My Dear Multiplication/Division left to right
Aunt Sally Addition/Subtraction left to right

Example 4: Simplify

***Multiply**

***Add**

Order of
Operations:

Please excuse my
dear aunt sally



When you do have more than one mathematical operation, you
need to use the order of operations PEMDAS



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