

# Note Taking / Note Making



**Key Words:**

# Notes:



**Record**

Write stuff down while you are in class.

**Reduce**

Pull out Key Facts. (Same Day!)

**Recite**

Say it out loud several times!

**Reflect**

Wait 24 hours and go over the material again.

**Review**

Seven days later AND before your test.

## Sample Test Questions and Answers:



### **10-24-7**

**10**—Take 10 minutes before you go to bed and review what you learned.

**24**—24 hours later, if you can remember then it is locking itself into long term memory, if not, learn again.

**7**—If you can remember it 7 days later, you'll have it in your brain forever!