
Student Success \ Note-taking

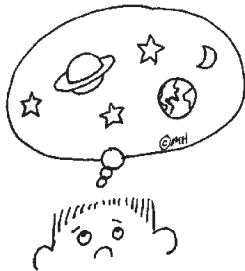
KAVEH FARROKH (PH.D.)

Distractions During Reading

Two very common distractions when taking notes:

DISTRACTION #1: DAYDREAMING

- Students can go on “Automatic Pilot” and hear just enough words to write down what is being said by the instructor – but – virtually nothing is being learned and the notes will be less effective for review purposes later on, especially when you need to prepare for exams.



DISTRACTION #2: ELECTRONICA

- Updating Facebook, texting, e-mailing, playing on-line games or any on-line activity.



- Doing these activities during class is (like daydreaming) a giant waste of your time and your instructor's time.
- You will learn virtually nothing in class and probably have little if any significant notes produced during the lecture.

Langara.

THE COLLEGE OF HIGHER LEARNING.