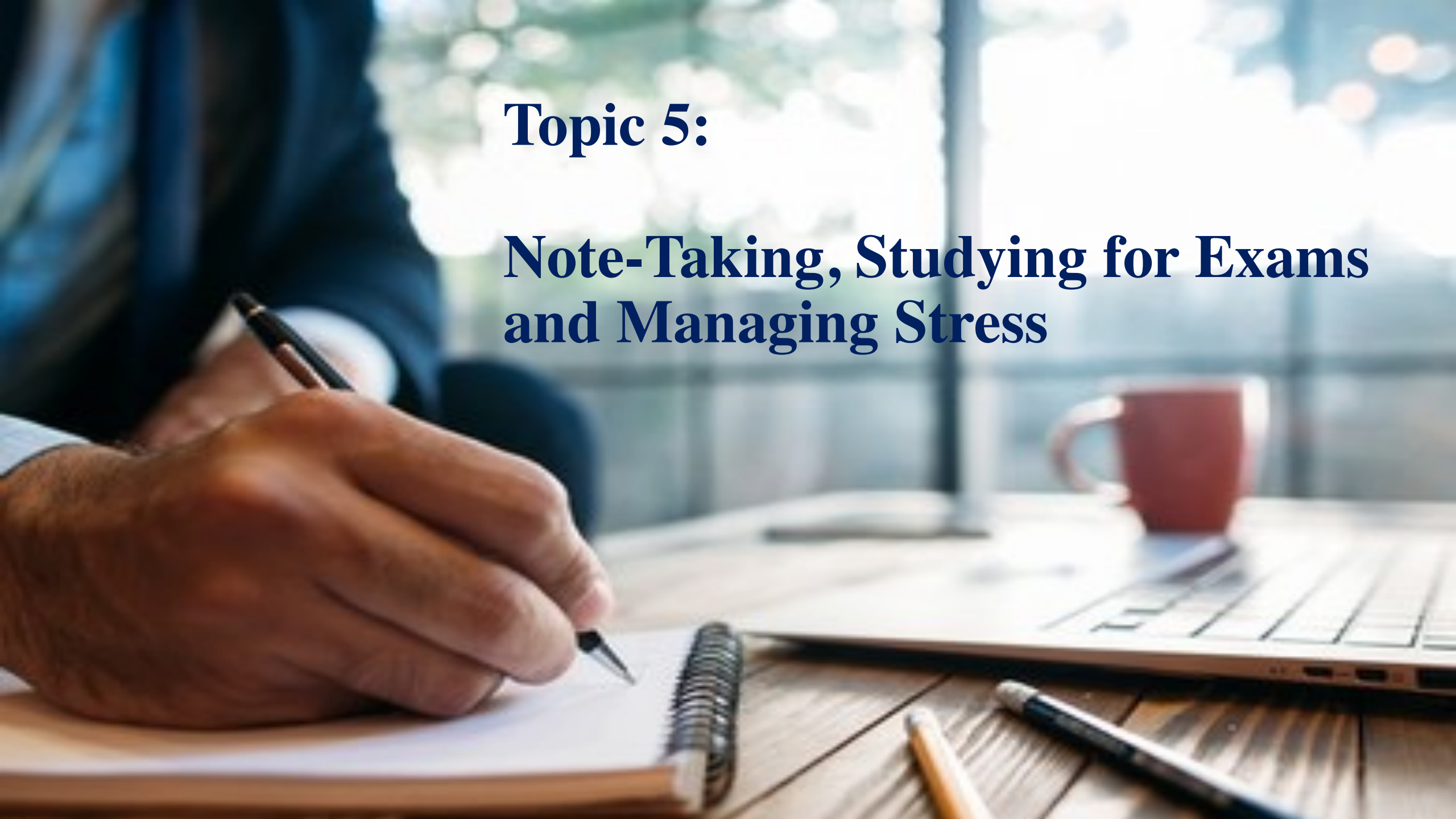


Topic 5:

Note-Taking, Studying for Exams and Managing Stress



A wooden desk with a spiral notebook, a pen, and glasses. The notebook is open and has a pen resting on it. The glasses are in the top left corner.

What is Note-taking?

~ is the practice of recording information from different sources and platforms.

By taking notes, the writer records the essence of the information, freeing their mind from having to recall everything.

Sept. 15

Causes of Exploration

What were the European motives?

I. Motives

- A. Glory - to show country's importance
- B. Gold - wanted to make money on trade; find gold
- C. God - to spread Christianity

II. Innovations

- A. Series of new inventions allowed Europeans to travel farther than ever before
- B. Navigational inventions
 - 1. Astrolabe
 - 2. Magnetic compass
 - 3. Caravel
- C. Prince Henry the Navigator of Portugal created a school of navigation

Where did these come from??

Summary: Europeans began to explore because they wanted to become more powerful and spread Christianity. New navigational inventions allowed them to travel farther.

What are the 3 types of Note-Taking?

~ outline, visual, or Cornell

Outline and visual notes are quick up-front, but require more work after class to make them useful.

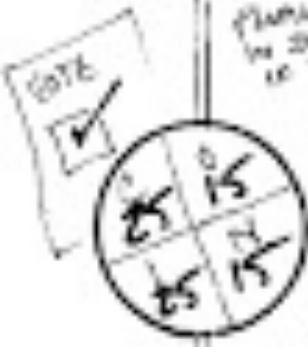
Cornell notes take the most work up-front, but are the most useful later on.

3 TYPES OF SOCIALISM



Am I a member of the proletariat or the bourgeoisie?
 What is the goal?
 How is it achieved?

Who rules?
 What is the goal?
 How is it achieved?



CUES:

○ who rules Mordor?

○ Who lives there?

○ Can you visit?

NOTES:

Mordor

1. Government
 A. ruled by Sauron
 B. Has a tower

2. People
 A. has orcs
 B. Has Trolls
 C. Has Nazgul

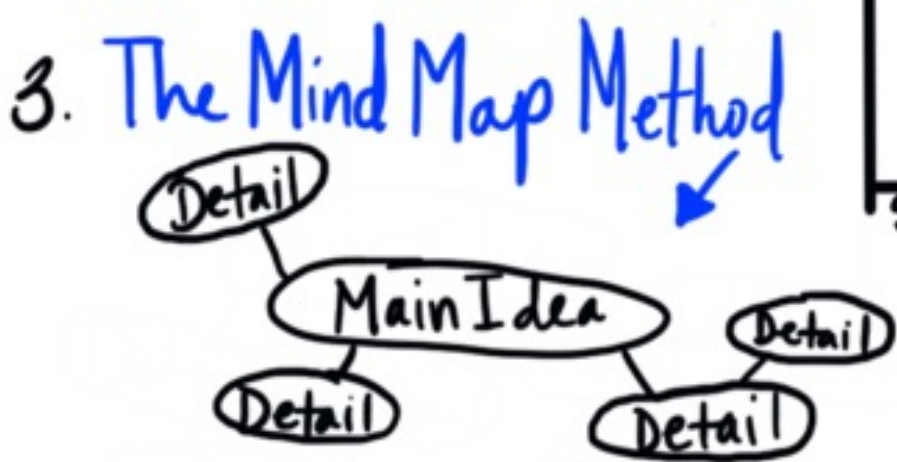
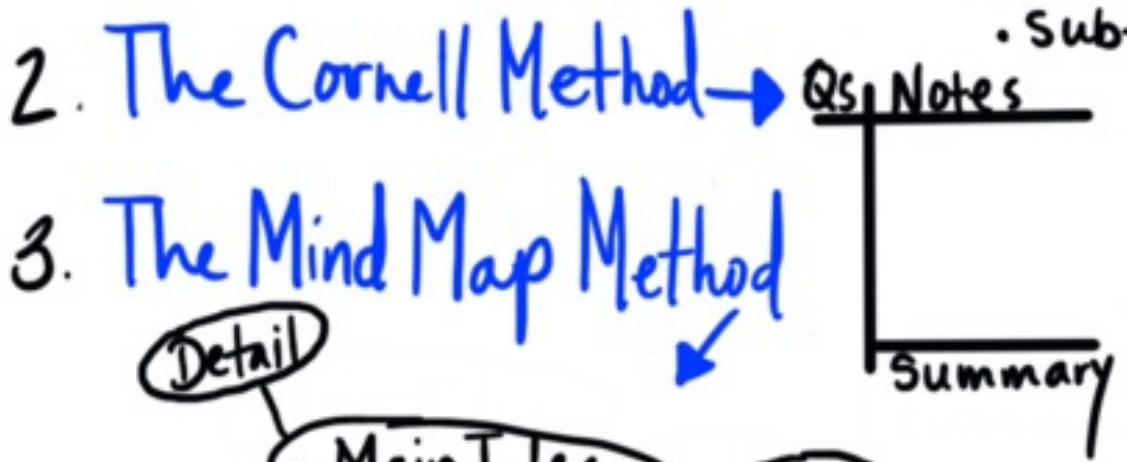
3. Accessibility
 A. cannot simply be walked into.

SUMMARY:

○ Mordor is ruled by Sauron, is populated by orcs, trolls, and Nazgul, and cannot simply be walked into.

NOTE TAKING METHODS *to know*

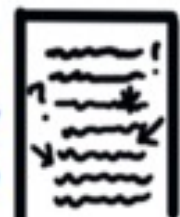
- 1. The Outline Method → *Main Idea
- Detail
• Sub-Detail



- 4. The Sketch Notes Method →



- 5. The Annotation Method

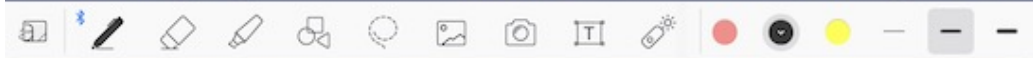




abc

TITLE

- This is a main topic
 - This is a sub-topic
 - This is a thought or supporting fact
- This is a main topic
 - This is a sub-topic
 - This is a thought or supporting fact



TITLE

Date

Keywords

- Main notes
 - ideally using abbreviations

Questions

- Key thoughts

SUMMARY

Note-Taking Methods for College Students

A close-up photograph of a person's hands writing in a notebook. The person is wearing a dark red, ribbed sweater. Their left hand is resting on the left page of the notebook, while their right hand holds a yellow pencil and is writing on the right page. The notebook is open, showing two pages of lined paper. The background is slightly blurred, showing a dark surface and a blue wall.

- #1 The Outline method
- #2 The Cornell method
- #3 The Boxing method
- #4 The Charting method
- #5 The Mapping method
- #6 The Sentence method
- #7 The Mind Map method

Class task 1



Individually, in pair or group, choose 1 note-taking method and find out:

- 1) What the note-taking method is; outline note-taking;
- 2) List the pros and cons of the method; g method.
- 3) Present your findings in PPT.

Presentation Time





How to Study and Pass Exam Like a Student Doctor

Managing Stress



What is Stress?

A woman with curly hair, looking stressed, holding her hands to her head. She is surrounded by people in a meeting, with hands holding documents and a laptop visible.

Stress is a **feeling of emotional or physical tension**. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.

- **Worrying about something**
- **Not having much or any control over** the outcome of a situation.
- Having responsibilities that you're finding overwhelming.
- Not having enough work, activities or change in your life.

A man in a light blue shirt and yellow tie is sitting at a desk in an office. He has his head buried in his hands, looking down and to the side, suggesting stress or frustration. The desk has a computer monitor, keyboard, and mouse. The background shows other desks and windows in a bright office environment.

What causes Stress?



SLOW
DOWN

KEEP
CALM

BE
POSITIVE

TAKE
IT
EASY

UNPLUG

ENJOY
LIFE

HAVE
FUN

BREATHE

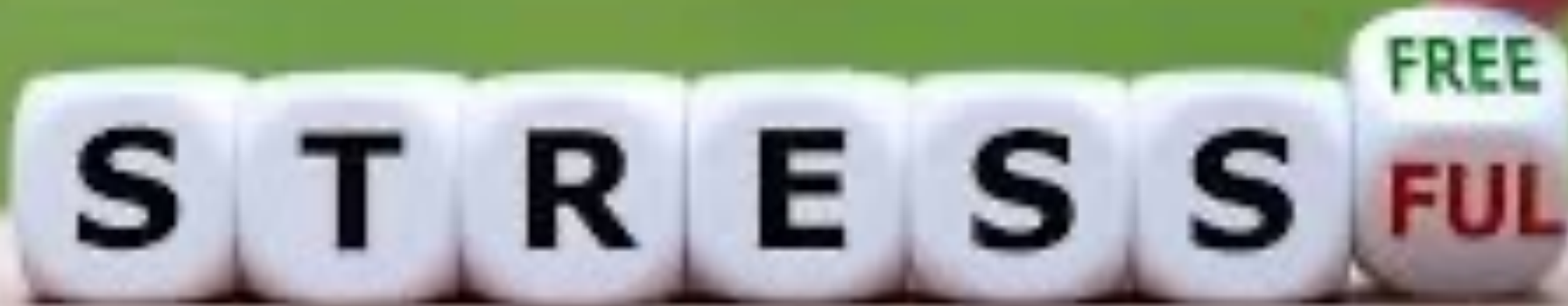
RELAX

GO
OUTSIDE



MEDITATE

Make a Choice





Change Your Mind(set)



-Don't think of STRESS as

- a threat
- a demoralizer
- pressure
- overwhelming
- debilitating

-Don't focus on problems

-Don't fight stress



+Do think of STRESS as

- a challenge
- a motivator
- an opportunity
- manageable
- energizing

+Do focus on possibilities

+Do embrace stress

Class task 2



Individually, in pair or group, discuss and present in class:

- 1) The symptoms of stress.**
- 2) The consequences of living in stress.**
- 3) Present your questions in PPT.**



Presentation Time



Conclusion



1. Note Taking Methods

- #1 The Outline method
- #2 The Cornell method
- #3 The Boxing method
- #4 The Charting method
- #5 The Mapping method
- #6 The Sentence method
- #7 The Mind Map method

2. Study Methods to pass exam

3. Stress Management