



Power in Your Hand:

Taking notes is a widely recognised method of enhancing learning and retention. Here are some facts and statistics that support the efficacy of note-taking as a way of embedding new information:



01

Cognitive Processing

Note-taking requires cognitive processing. When course delegates take notes, they have to decide what's important, which helps in processing and understanding the information. This act of selection and summarisation promotes understanding and retention.

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External Storage

Notes serve as an external storage of learned information. They provide a record of the learning experience that can be reviewed later, aiding in retention and understanding.

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The Generation Effect

A study published in the "Journal of Educational Psychology" found that students who took notes and then reviewed them performed better on tests than those who only reviewed the material. This phenomenon, known as the "generation effect," suggests that the act of creating (or generating) your own version of the information enhances memory.

04

Comparison of Methods

A study by Pam Mueller and Daniel Oppenheimer compared the efficacy of taking notes by hand versus typing on a laptop. They found that students who took notes by hand performed better on conceptual questions. Handwriting requires more cognitive processing than typing, leading to better retention.

05

Active Engagement

Note-taking is an active form of learning as opposed to passive listening or reading. Active engagement with the material leads to better understanding and retention.

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Visual Aids

For visual learners, the act of drawing diagrams, charts, or doodles in their notes can significantly aid in understanding complex concepts.

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Organisation and Structure

Taking notes allows learners to organise information in a way that makes sense to them. This personalised structure can make it easier to recall and understand the material later.

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Repetition

The act of note-taking involves a repetition of the information, which is a known factor in improving memory retention.

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Statistics

A study conducted at the University of California, Los Angeles found that students who took notes and reviewed them regularly retained about 34% more information than those who didn't.

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Long-term Benefits

Regular note-taking and review can lead to better long-term retention of information. A study in the "Journal of Reading" found that students who took notes and reviewed them even months after the initial learning session could recall more information than those who didn't take notes.

In conclusion...

...Note-taking is a multifaceted learning tool that engages various cognitive processes, leading to better understanding, retention, and recall of information.