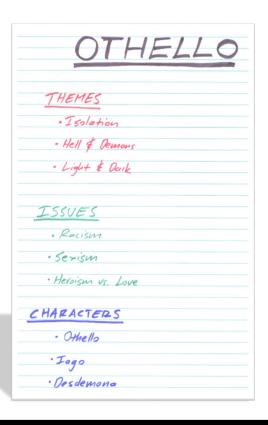


YourTurn

At this point in your course, you'll have just been shown how to make a page of notes using trigger words, or words that bring back a lot of memories. When you write using trigger words, not only do you end up writing a lot less, but you also remember more as your trigger words will be used a memory peg, and your brain will rest all other related information upon it.

Now you're going to put this idea into action – take a look at the top tips on the next page, then complete the 'To Do' section on page 3.





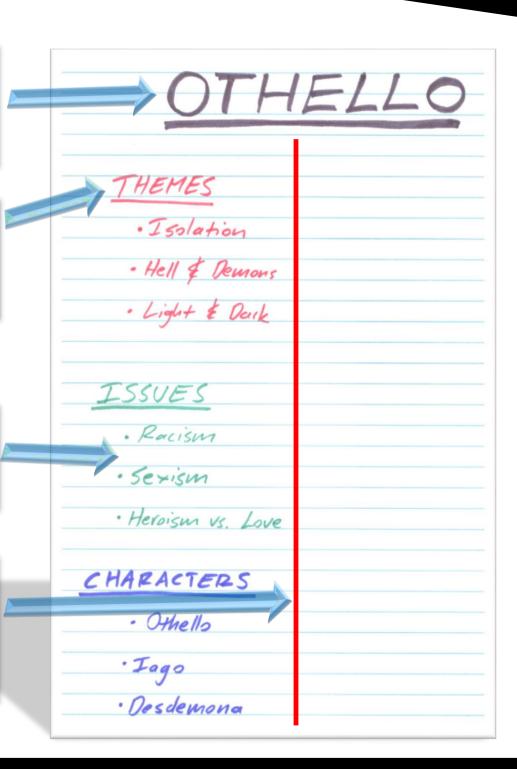
Note Taking Example

Make your Main Heading nice and bold – it should be the topic of the page and the first thing you see when you look at the page.

Make your sub-headings bold (or in their own colour) and put them at the top of a new topic related to the main heading.

Your **bullet-points** should be only a few words long and focus on key words – you don't need to write full sentences!

To help you cut down the number of words you write or type, try drawing or imagining a line running down the middle of the page that you don't write past.



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To Do:

- 1. Using your downloaded syllabus, your note taking planner and the note taking template below, create a set of notes.
 - If you'd rather, you can write your notes by hand or in a word document you don't have to follow our template!
- 2. Remember to use trigger words and colour these boost your memory and make your life easier in the long run!
- 3. Upload your completed note taking planner into the Activity Field online.

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