



The Cornell Method and 5 Rs of note-taking

Based on an easy-to-remember mnemonic, The Cornell Method uses five main points: **record, reduce, recite, reflect and review** also known as the Five Rs.

What is the Cornell Method?

The Cornell Method is often referred to as the Cornell Notes System or the 5 Rs of note-taking. This method was invented in the 1950s by Walter Pauk, a professor of education at Cornell University. The Cornell Method can be applied to both traditional and digital, making this method popular nowadays. Students can use this method to record lessons

What makes the Cornell Method easy to use?

The Cornell Method offers efficiency. **The five steps** which include **record, reduce, recite, reflect and review**, are easy to remember. This system encourages us to reflect on notes and summarise them in our own words.

Despite its simplicity, the method makes us think critically about the key concepts in each lesson. We have to explain the main points in detail, so we are more likely to remember them. Also, it has a logical and easy-to-read layout. The **left side contains the main points** and **the right side for details**. This will make it easier to find information when referencing the record. See example on page 3.

Cornell University suggests closing the right side, which contains detailed definitions. Then see if we can redefine the bullet points. This note-taking tip will help you quickly identify topics that you want to review.

The 5 Rs of Note-Taking

How we take notes affects how well we study. Good note-taking techniques help us remember and recall information. Let's look at each R.

1. Record

You can use digital notes or traditional ones. Write down all the ideas and facts you hear from class, from the textbooks or class notes or online resources. You can use some of the rules below to make it easier to summarise:

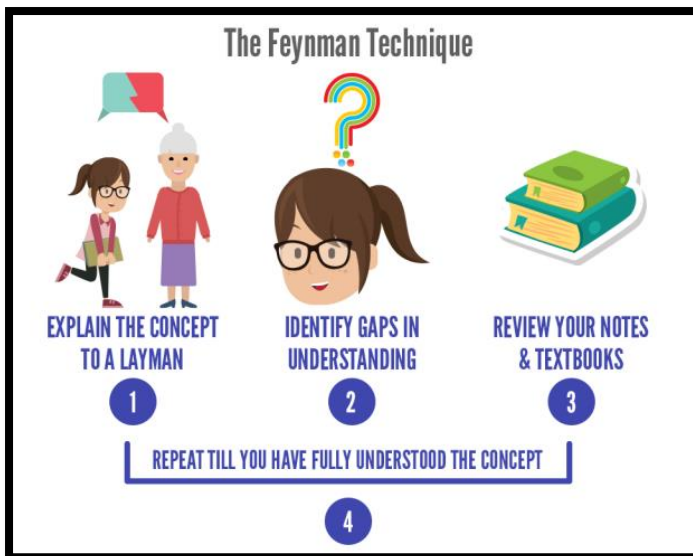
- Use a bold title when there is a new topic.
- Leave blank spaces to make it easier to read.
- Add abbreviations and symbols when writing specific points. Make the character consistent, so it's easy to recognise (see page 3) and highlight memorable points.

2. Reduce

We need to summarise all recorded information in our own words. Stop trying to write down all the information, but keep it as simple as possible. Summarising is difficult, but it consolidates the writer's understanding. It also clarifies relationships between data.

Studies show that summarising strengthens our memory. Summarising also removes information that is not 100% important for our memory. After the recording process, we must immediately carry out this reduced process. The questions should focus on the main ideas and nitty-gritty details.

3. Recite



Learn anything in 4 simple steps - Recite out loud and in as much detail as possible what you have learned without looking at your notes. We don't have to memorise all the sentences; we take the points.

The Recite process is similar to the Feynman technique. This stage aims to study and internalise the topic in depth. We must explain a topic in detail as if we were teaching a child. In this case, we can't hide in the things we don't know. When we realise we don't understand a topic, we must go back to our notes and study it again.

4. Reflect

Our brains remember information by associating new knowledge with things we already know. Reflecting is like discussing with ourselves. We can connect existing facts with new ones.

There are three ways to reflect on the information we record:

- **Scaffolding:** We write down all the information we know about the topic before taking notes.
- **Predictions:** We make predictions about relevant information related to records. Predictions contain things we have never learned.
- **The big picture:** We outline the core topic of the notes, then write information related to that topic. Usually, this method is used in corporate brainstorming sessions.

5. Review

The last thing of this method is the review process. We should spend 15-20 minutes reviewing the notes we have made. This way makes us remember the essential points in the notes.

Our knowledge has an expiration date. That is, someday, we will forget the information. To avoid this, schedule again to review the notes you made.




Final Thought

In conclusion, the 5 Rs of note-taking is a powerful method that can help you to master the art of note-taking. By following Cornell's 5 Rs of note-taking (Record, Reduce, Recite, Reflect,

and Review), you can retain more information, increase your understanding of the material, and even improve your study skills.

With a little practice, you'll be taking powerful notes in no time.

Example of Cornell Method Notes

Cornell Notes 	Learning Goal/Intent: Students will understand the causes of water scarcity (for example, an absolute shortage of water (physical), inadequate development of water resources (economic), or the ways water is used). (ACHGK040)	Name:
		Class/Period: Geography
		Date: → Junior EXAMPLE
Essential Question: What is water scarcity? What are the causes and consequences of water scarcity?		
Questions/Comments:	Notes: → Not all places have the same levels of access to a water supply	
What is water scarcity?	→ Some countries have little spare water beyond that for essential uses	
	→ Water scarcity occurs when the demand for water exceeds the amount available.	
water footprint (WF): volume of fresh water used to produce the goods and services consumed by humans	→ Water scarcity can be physical (not enough water for demand including the ecosystem) or economic (not enough investment in infrastructure to store and transport Water).	
		
What is water security?	Factors which influence water security:	
	<input type="checkbox"/> climate change resulting in drought	
hydrological hazards =	<input type="checkbox"/> climate change resulting in flooding	
Floods, droughts	<input type="checkbox"/> political change threatening supplies that cross national boundaries (conflict)	
	<input type="checkbox"/> economic change threatening maintenance of expensive supplies	
	Over-abstraction: Taking more water from a source than is capable of being replenished	
	Two Effects of Over-abstraction:	
	1. severe drop in the water table	
	2. In coastal areas, a lowering of the water table so that salt seawater seeps	
	into the underground store of fresh water to make the stored water unsuitable for use.	
What are the effects of water scarcity?	→ Lack of Access to Drinking Water: Water scarcity results in people having to rely on unsafe drinking water:	
(Social Impacts)	→ Sanitation Issues: not enough water to bath or clean clothes	
	→ Diseases: contaminated water increases infection from waterborne diseases	
	→ Hunger: If there is no water that can be used in order to help water the crops, then you are going to have people that are going hungry	
Summary: Water is one of the most essential environmental resources on Earth. Without it, no living things can survive. Water scarcity is the lack of access to adequate quantities of water for human and environmental use. Lack of water can result in: unsafe drinking water, sanitation issues, increase in diseases and hunger due to a lack of food/crops which require water to grow.		