



### Metacognitive Note Taking

Date:	Class:
Class Learning Outcomes: (Found on the syllabus.)	
1.	
2.	
3.	

#### Make Connections to the Class Content *Before Class*

Look over all the material available to you. (In the **Study Cycle**, this is the **Preview Step**)

<p><b>Background Knowledge:</b> What do I already know about the topic for this class?</p>	<p><b>Thoughts</b> – In this section, briefly share how you feel about this topic. (Excited, anxious, curious, etc.) This will help you identify if you have a fixed or <b>growth mindset</b>.</p>
<p><b>Relationships and Connections</b> (In this section indicate how this topic connects or relates to previous topics, things you already know.)</p>	<p><b>Questions?</b> In this section, list any questions you have on the topic before the class begins.</p>

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**Attend! Go to class and take notes!** (Step 2 of the Study Cycle)

<p><b>Learning Insights:</b> <i>Record questions, connections you are making, feelings/thoughts, areas you understand...</i></p>	<p><b>Class Notes:</b> <i>Record class notes here. Tip: do not write down everything; jot down key ideas and headings and fill in the details after class.</i></p>
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**Summary:** *In two or three sentences write key concepts and ideas from this class.*

**After class, review your notes as soon as possible.** *Fill in the gaps and ask questions. (This is part of the **Review** step of the **Study Cycle**.)*



Adapted from Centre for Innovation & Excellence in Learning, Knaack & Roberston, UIV