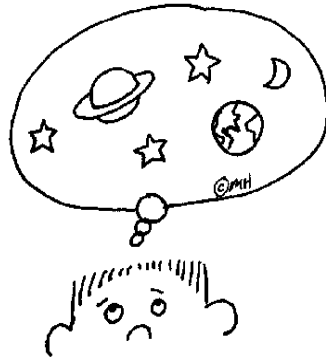


Distractions during Note-Taking

Two very common Distractions when Taking Notes ...

Distraction #1: Daydreaming:

- Students can go on “Automatic Pilot” and hear just enough words to write down what is being said by the Instructor – But – virtually nothing is being Learned and the Notes will be less effective for Review purposes later on, especially when You need to prepare for Exams



Distraction #2: Electronica:

- Updating Facebook, Texting, E-Mailing, playing on-line Games or any on-line activity...



- Doing these activities during Class is (like Daydreaming) a giant Waste of Your Time and Your Instructor's time
- You will Learn virtually nothing in Class and probably have little if any significant Notes produced during the lecture...