

DURING THE CLASSES

Your learning process starts during class, and actually already before.

Below, we give a few tips on what (not) to do during classes.

1. Take **good notes** during the classes.

- If you take notes with **pen and paper**, this has a lot of advantages. By taking small marks and using symbols, you can add structure to your notes. Try the Cornell Note Taking Method. You can also find a lot of useful tips in the notes aid.
- Do you take notes on your **laptop**? Take into account that you can be distracted quickly by Facebook, e-mails, social media... An additional threat is that you quickly fall into literally copying what the teacher tells. Prove that you actively think about what you write down! When you take notes on your laptop, shut down all other programs (or use a site blocker such as 'Cold Turkey' or 'Focal Filter') and give structure to your notes. There are also some useful apps that can help you to take notes digitally.
- **Is there a difference between taking notes with pen and paper and on your laptop?**
In February 2014 research pointed out that when students literally type what the speaker says, they don't select or process the information. Especially students who take notes using their laptop write down literally what has been said while those who write with pen and paper tend not to do this because they can't keep up with the speaker. They have to select what they will write down: paraphrase, summarize, putting information in schemes. It is this active processing during the note taking process that makes sure the material is (better) remembered. Of course, the choice to write with pen and paper or on your laptop is yours. Whatever you prefer, try not to literally write down what the teacher says but already process the material in an active way. Studying starts during the lectures!

2. Ask questions...

- when you don't understand the material
- when it is unclear **how** you have to know the material
- when you want to know **what** the teacher expects from you (the goals)
- ...

Possibly you can ask your questions after class.

