

Cornell Notes Revision Booklet



Food Department

Aylsham High School

Cornell Notes Reference Sheet

We take notes on readings and in class in order to remember the information that is covered long after we read or hear it. Cornell Notes is a process that helps you organize your notes as well as learn the information you wrote down. The process you should take while writing your Cornell Notes is below:

1. **Set-up** – draw two columns (left is smaller than the right), write the title of the reading and the date
2. **Record** – write down facts and ideas in phrases, define important words
3. **Reduce** – group and summarize those facts and ideas in key concepts
4. **Recite** – cover up the notes and questions, use the key words to recite the fact or idea recorded in the notes
5. **Review** – re-read all your notes and think about what you have learned
6. **Reflect** – consider your notes as a whole, write a summary connecting all the concepts in your notes
7. **Recapitulate** – summarize the main ideas studied from your notes without looking at them

These steps will help you go beyond just writing down the information. They will allow you to learn the information. The following is another description of the Cornell Notes set-up and process.

Title of the Reading/Assignment		Step 1 Set-up	Date
<div>Step 3 Reduce</div> <div>Key Concepts:</div> <ul style="list-style-type: none">• After you have read and taken notes in the left column, summarize the main ideas of the notes into a word or statement.• Try to use less than 5 words to summarize the each main idea.• When the topic of the reading changes, write a new “key concept”	<div>Step 2 Record</div> <div>Notes and Questions:</div> <ul style="list-style-type: none">• As you read, write down important information in your own words. Here are some ideas about what to write down:<ul style="list-style-type: none">○ Important facts or information○ Phrases that summarize the major ideas – IN YOUR OWN WORDS○ Define important words○ Define words that you do not know• As you read, you should be asking questions. Write down those questions as they come up. Try to make your questions require higher order thinking skills. Here are some ideas for ways to start to higher order questions:<ul style="list-style-type: none">○○○○	<div>Step 4&5 Recite & Review</div> <div><ul style="list-style-type: none">• When you are done with your notes, cover up the “Notes and Questions” section. Try to restate the information you wrote down based on the “Key Concepts.”• After you recite, uncover the “Notes and Questions” section, re-read all of the notes, and think about what you have learned.</div>	
<div>Step 6 Reflect</div> <div>Summary:</div> <ul style="list-style-type: none">• Think about everything that you have read/heard. Write a summary of the information. Connect all of the concepts in the reading to each other and to what you are learning in class.	<div>Step 7 Recapitulate</div> <div><ul style="list-style-type: none">• Try to summarize all of the main ideas from your notes without looking at them. This will show that you have learned the information.</div>		

EXTENDED QUESTIONING TIPS

Command Words

Explain **State** **Give**
Describe **Function**
Reasons **Examples**
Discuss/analyse **Evaluate**

Remember the quality of your written communication is assessed in these questions.

THINK ... spelling, structure, grammar, technical vocabulary.

READ and LEARN

the different terms that will be used in the examination



Advantages and disadvantages, benefits and limitations

Things NOT to say in Food and Nutrition

Makes you ill
Causes food poisoning

It contains germs
It contains bacteria

It's healthy
It is low in fat, low in salt, low in sugar, high in fibre

Contains meat / fish etc
Contains chicken breast, / salmon etc

It's cheap
It's lower in cost/ inexpensive

Warm it up
Reheat thoroughly until piping hot/ reheat until 72°C is reached at core

Cook it
Bake, fry, steam, grill, roast, boil, stew etc....

Adds texture
Gives a crispy, chewy, sticky, smooth... texture

Made from pastry
Made using shortcrust, choux, rough puff pastry

On a diet
On a slimming diet, gluten-free diet, reduced- fat diet, vegetarian diet

Wear an apron
Wear a clean apron

For bones and teeth
For strong bones and teeth

Revision Tips:

1. Start revising early

— i.e. **months**, not days before the exam.

2. Plan your revision using a timetable

Planning out your revision means you can spend more time revising and less time worrying you've forgotten something.

3. Don't spend ages making your notes look pretty

This is just wasting time. For diagrams, include all the details you need to learn, but don't try to produce a work of art.

4. Set up a nice, tidy study space

You'll need somewhere with good lighting, your pens close by, your phone out of sight and your TV unplugged. Try not to revise on your bed, or you'll be dreaming of pink igloos and elephants before you know it.

5. Vary your revision with different activities

Try a variety of different revision techniques — answering practice questions, writing down notes from memory, and using **Revision Guides**, **Flash Cards**, **Exam Practice Workbooks** etc.

6. Stick revision notes all around your house

So in the exam you think, "Aha, amino acids, they were on the fridge..."

7. Do lots of practice papers and questions

You'll find it far easier to answer questions in the exam if you've tried similar ones at home beforehand. Check out Edujas's **amazing range of practice papers** for some top practice.

8. Set aside time to do fun things — don't turn into a revision zombie

Don't totally stop yourself from having fun. This'll help you stay motivated, relax, and allow you to keep up with your favourite hobbies.

9. Keep your phone and other distractions away.

Phones are great, but they're a one-stop shop for procrastination. Heed our warnings and stick it in a drawer while you're revising.

10. Don't just read your notes

You have to WRITE STUFF DOWN. This is really basic "how to revise" stuff. For the full details, get yourself a copy of our [How To Revise](#) book (oops, there we go again).

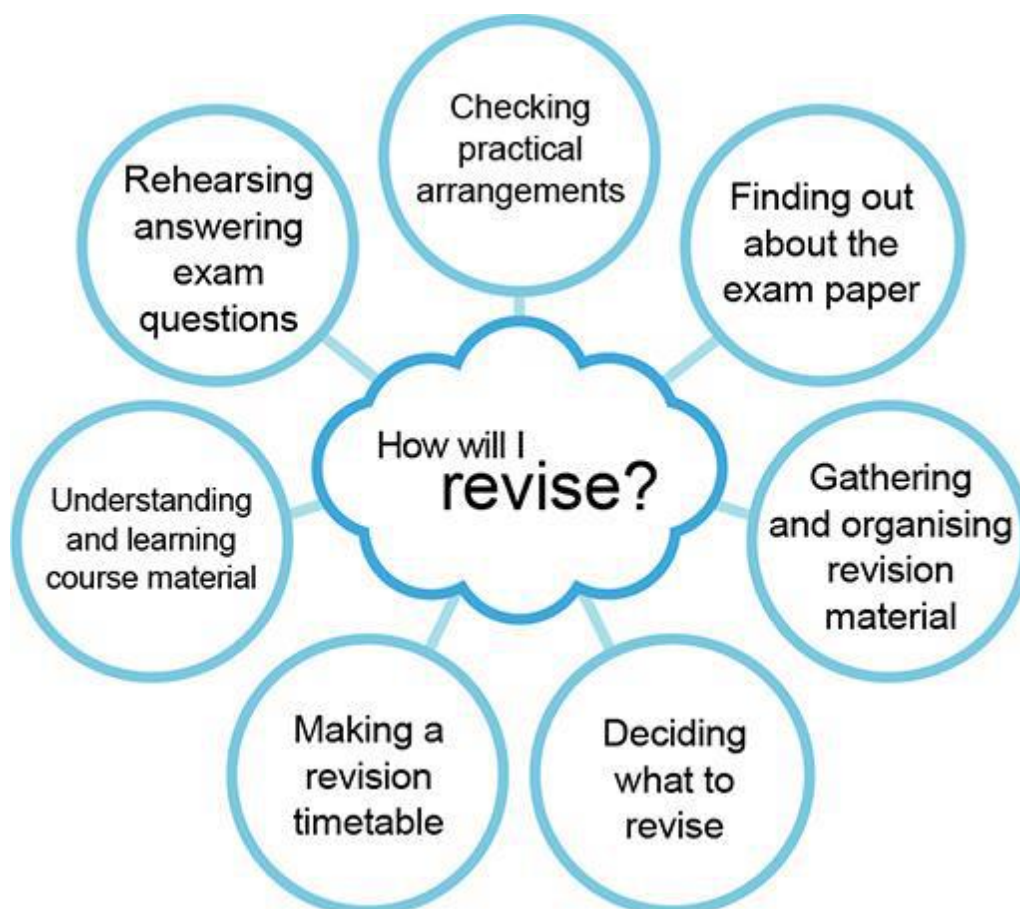
11. Sleep and eat properly

Sleep is more important than you'd imagine — it helps your brain store all the juicy information you've learned throughout the day. Drinking plenty of water and eating healthy foods will also boost your concentration throughout the day.

16. On exam day, make sure you arrive in plenty of time

Where can I look for revision?

- Quizlet
- Seneca
- Workbooks – Class notes
- Revision Guide
- BBC Bitesize
- Edujas Website (exam board)
- Google Classroom
- Revision Booklets (getting next week)



TITLE:

DATE: _____

KEY WORDS:

NOTES:

TITLE:

DATE: _____

KEY WORDS:

NOTES:

[illegible][illegible]

Mind map

TITLE:	DATE:
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TITLE:	DATE:
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KEY WORDS:

NOTES:

TITLE:

DATE: _____

KEY WORDS:

NOTES:

[illegible]

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

Mind map

TITLE:

DATE: _____

KEY WORDS:

[illegible]

TITLE:

DATE: _____

KEY WORDS:

NOTES:

[illegible][illegible]

Mind map

TITLE:

DATE: _____

KEY WORDS:

NOTES:

TITLE:

DATE: _____

KEY WORDS:

[illegible]

[illegible][illegible]

Mind map

TITLE:

DATE: _____

KEY WORDS:

NOTES:

TITLE:

DATE: _____

KEY WORDS:

NOTES:

SUMMARY:

[illegible]

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Mind map

TITLE:

DATE:

KEY WORDS:

NOTES:

TITLE:

DATE: _____

KEY WORDS:

[illegible]

[illegible][illegible]

Mind map

TITLE:

DATE: _____

KEY WORDS:

NOTES:

TITLE:	
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DATE: _____

KEY WORDS:

NOTES:

[illegible]

This image shows a full page of white paper with horizontal dashed lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Mind map