



# Notemaking

Directorate for Counselling  
and Career Development

# Making time to make notes

Is this you?:

“I don't have time to make notes”

A photograph of a spiral-bound notebook with a grid pattern, lying on a wooden surface. A silver pen is resting on the notebook. Two pieces of crumpled, grid-patterned paper are scattered around the notebook. A semi-transparent white rectangular box is overlaid on the notebook, containing the text "Why notemaking?".

Why notemaking?

# Why notemaking?

- Notes act as permanent records of the work you have done on the section of the study material.
- Notes help to create your “ultimate study guide”.
- Notes are the first step in expanding your network of memory strategies.
- Notes are a link between study reading and answering questions or asking questions (note making can help you organise your thoughts for asking questions).

# When do we make notes?

We make notes:

- As we sit and study
- During seminars and workshops

# Start studying

- Start with a quick overview of your study guide especially of learning objectives at the beginning of a unit.
- Use a textbook where indicated.

# Actively engage with your studies

- Ask questions.
- Make links between your studies, what you know and everyday life.
- Make notes.
- Revise at the end and the beginning of each study session.

# Reflect on your studies

- Use questions from the study guides and your learning outcomes to test yourself.
- You need to reflect your understanding of the module since this will help you to prepare for the exam.



# Notemaking methods

- There are many different note-making techniques – find one that works for you.
- Which methods do you use?

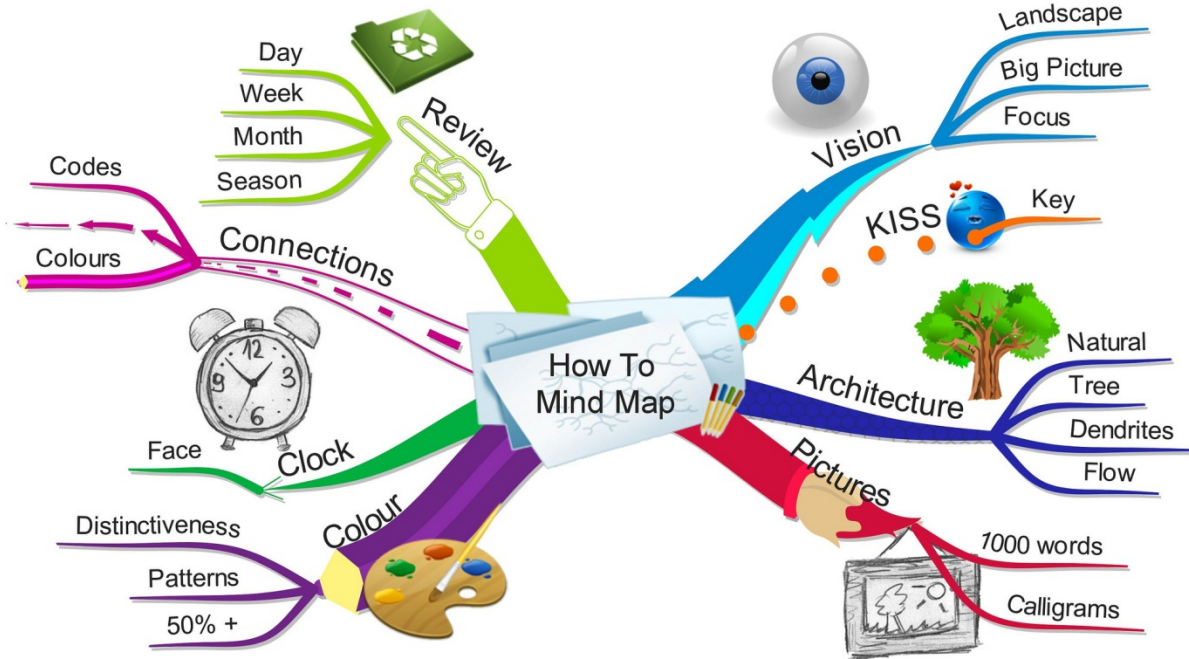
# Notemaking methods

- Visual note-making
- Narrative note-making
- Audio note-making

# Visual note-making

- Mind maps (spider grams)
- Branching notes
- Cluster grams
- Tables
- Flow charts
- Organograms

# Visual note making



"How-To-Mind-Map" by [Lex McKee](#). Creative Commons licence CC BY-NC

# Narrative note-making

## Linear Notes

- Listing
- Time Line Notes
- Key Word
- Paragraph Method
- Question Method
- Segmenting
- Labelling

# Narrative note making

STUDY OBJECTIVES TURNED INTO QUESTIONS	NOTES - answer to QUESTIONS
How does ROGERS de- scribe the structure of the persona- lity?	<p>① ORGANISM</p> <ul style="list-style-type: none"><li>- physical + psychological individual</li><li>- interacts with changing environment</li><li>- behaviour determined by subjective evaluation of world.</li></ul> <p>② PHENOMENAL FIELD</p> <ul style="list-style-type: none"><li>- total perceptions of self and experiences</li><li>- consists of internal + external observation of events / experiences</li></ul> <p>③ SELF-CONCEPT</p> <ul style="list-style-type: none"><li>- what person thinks of himself</li><li>- IDEAL SELF: = ideal self-concept</li><li>- psycho healthy person: realistic self concept</li></ul>
How does ROGERS describe the development of personality?	<p>self-concept develops gradually</p> <p>dev. takes place because of interaction with environment and others' evaluation of you.</p>
* NOTE: How is structure differ- ent from development of personality: (own question)	<p>structure =&gt; what indi- vidual consists of</p> <p>development =&gt; how structure evolves.</p>

# Audio note-making

## Voice recording



# SQ3R

Survey

Question

Read

Review

Revise



# Reflect on my studies

- What have I collected about work/ learning so far?
- So what? In other words how is this useful and for what? (Refers to current reflections on knowledge, skills and dispositions)
- Now what? (the future): can I apply this to other areas of study?

# Contact us

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