

Note-Taking Inventory

Directions: Put a \checkmark next to any of the statements that apply to you.

1. I have problems knowing what information to put into my lecture notes.
2. My notes are too confusing to use for studying.
3. I stop taking notes when the speaker sidetracks from the topic.
4. The main ideas and important details are hard to identify in my notes.
5. Internal and external distracters often interfere with my ability to concentrate during a lecture.
6. My peers seem to have class notes that are more thorough and complete.
7. Taking notes distracts me from what the professor is saying.
8. If I change the order of my notes by reorganizing or rearranging material, I have a hard time recalling the information.
9. If I get behind and can't keep up when taking notes in class, I become frustrated.
10. Generally, I do not review my notes immediately after class, but I save the task for when I am studying for an exam.
11. I understand the material better when I do not take notes.
12. For the most part, I try to study from the textbook and not my notes.
13. I feel as though most of my professors skip around too much for me to take organized notes.
14. Rewriting and reorganizing or making study guides from my notes is **not** a good use of my time.
15. Staying alert and focused throughout a lecture is very hard for me.

Take a look at which statements you checked. Odd numbered statements (1,3,5,7,9,11,13,15) indicate trouble with taking notes in a classroom environment. Even numbered statements (2,4,6,8,10,12,14) indicate trouble using your notes to study after class.