Note-Taking Inventory

Directions: Put a √ 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.