

Cornell Notes



TOP TIP

Great for humanities or content-heavy subjects like Biology, History, English, or Economics.



Information sticks in your brain if you have to ‘do something’ with it. Cornell notes were developed by Walter Pauk at Cornell University in the 1950s in response to a number of students failing his classes. He sought a way to help them remember the content and it worked! By asking his students to question the content and rearrange it, he increased the chances of them remembering. Their ability to retain the content increased when they returned to the notes at intervals and added content or tried to answer the initial questions at a later date.

You can use this method during class, or when taking notes from long pieces of text.

Title of lesson		Name:
		Date:
		Paper:
Cue column <ul style="list-style-type: none">• Most important information• Headings• Topics	Notes column <ol style="list-style-type: none">1. Record: During the lecture, use the note-taking column to record the lecture using short sentences.2. Questions: After class, formulate questions based on the notes in the note-taking column. Writing questions helps to clarify meanings, reveal relationships, establish continuity, and strengthen memory. Also, the writing of questions sets up a perfect stage for exam-studying later.3. Recite: Cover the note-taking column with a sheet of paper. Then, looking at the questions or cue-words in the questions and cue column only, say aloud, in your own words, the answers to the questions, facts, or ideas indicated by the cue-words.4. Reflect: Reflect on the material by asking yourself questions, for example: "What's the significance of these facts?", "What principle are they based on?", "How can I apply them?", "How do they fit in with what I already know? What's beyond them?"5. Review: Spend at least ten minutes every week reviewing all your previous notes. If you do, you'll retain a great deal for current use, as well as, for the exam.	
1/3	2/3	
Summary <p>+/- 8cm</p> <p>After class, use this space at the bottom of each page to summarise the notes on that page.</p>		

<https://learningessentials.auckland.ac.nz/key-study-skills/note-taking/cornell/>

Stomach

What is the anatomy of the stomach?

Stomach= muscular sac with thick walls
The stomach continues the processes of mechanical and chemical digestion

What are sphincters and what is their function in the digestive system?
Thick rings of muscle that act as gatekeepers to regulate food movement

What two sphincters are located in the stomach?

- Cardiac sphincter = separates esophagus from stomach
- Pyloric sphincter = separates stomach from small intestine

On this image, label the fundus, body, cardiac region & pyloric region

How does mechanical digestion occur in the stomach?

The stomach has a slippery outer layer of Serosa, followed by 3 layers of muscle:

- Longitudinal muscularis
- Circular muscularis
- Oblique muscularis

These muscles help to churn food and propel it towards the small intestine. The churning process is known as maceration.

What are rugae? "wrinkles" in the mucosa that can stretch when full

The mucosa layer of the stomach contains several specialized gastric gland cells:

- Mucous cells- secrete mucus to protect stomach lining
- Chief cells- secrete pepsinogen (inactive enzyme)
- Parietal cells- secrete HCl to kill microbes in food & convert pepsinogen into pepsin, which breaks down food proteins.

The soupy mixture formed from the squeezing of the stomach and the addition of these gastric juices is known as chyme.

On this image, label the serosa & each of the three layers of muscle.

How does chemical digestion occur in the stomach?

Summary

The stomach is made of 3 muscular layers and an outer layer of Serosa. During maceration, the stomach churns the food and gastric gland cells add chemicals and enzymes leading to the formation of chyme.

Task

Use Cornell notes during one lesson this week.
Was it a helpful method in this instance? Why/why not?
Would it be helpful in other instances? Why/why not?