

Note Cards

Creating and using note cards can alleviate anxiety about remembering facts throughout an academic term as well as provide a portable study tool. An additional advantage of using note cards is to present written information out of sequence. This will help you learn the information free of association to the information it proceeds and follows.

1. 3x5 cards can hold important information from notes and reading. Write the cue or question on one side of the card and write the definition, description or answer on the other side.
2. Begin compiling the cards early in the term. Carry the cards with you and review the information many times during the day and evening.
3. The information that does not come to mind readily can be reviewed more often or placed in a “critical” stack. Repetition is the best way to learn the material.
4. Use colored note cards for additional organization of material.
5. Remember not to place too much information on one note card. This is not the place to re-write an entire paragraph from your notes. Instead, use note cards to quiz yourself using key words and phrases or small bits of information.