

5-2: Flow-based note taking introduction

So in this video I will be discussing the main note taking technique I use that called flow-based note taking. The idea of flow based note taking is in the word is that you are having a flow of ideas there are all connected and then this connected representation and the best way to think of it is in contrast of the office advantage which is I called transcription style note. So transcription style note is where you were trying to verbatim write down everything that the person is saying. And this tend to be very well organized and the kind where people have multiple high lighters and highlight them all they taking down this long paragraphs of information and they spend more of their focus in the class just frantically try to write down everything what being said. As I said in the introduction sometimes this can be useful if you are in the situation where the professor is speaking very quickly and haven't follow and there's no other way to get the information. The ideas he's presenting are not available online, they're not available in another textbook, they're not available any other resource you have access to. In this kind of note taking technique is beneficial; it is something you can use.

But I must see the majority of classes are like them. Majority of classes, the lecture is not come so fast, you can't keep up, you're able to sort of keep call able to follow the ideas and I've been in lot of classes where people their minds are wondering, they're not paying attention. This is an example of classes not going too fast. If that the example of that class, then using flow-based note taking can be beneficial and in addition because you have access to so many other resources founded, you have access to GOOGLE, WIKIPEDIA, you have access to courses online, video demonstrations on you tube. Because you have access to this, most it is just not true anymore that you were unable to access the information, if you lose track in the lecture. Because of that I have decided strategy which produces poor notes, so your notes are not going to be good for recall but you're going to process in a depth level of processing. So you actually retain more naturally, so there not going to be good as review but you are going to be able to learn more when you're actually in a class which in many situations is far more efficient. So the basis of flow-based note taking is something I going to be discussing very shortly. The ideas which you want to create connection between the ideas and you wanted to be creating connections between both the ideas I'm going to discuss and with the ideas that come to you, when you're going to the class and basically mapping of the alternatives. So let's take a brief look on what that's actually looks like.

Now here's an example of a flow-based note taking. Here I'm following con academy lecture and I'm actually taking my notes. I never seen this lecture before and I'm taking them because I'm getting through it. Now with flow-based note taking the sparseness or density of your note is going to be based on two factors, one, how much additional

information you're adding on beyond what just in the lecture. You're connecting it to others ideas that you studying the course, creating metaphors, creating diagrams, visualization. And the second thing is simply how dense the materials is, so for some classes that the lecture is giving extremely dense of information, is very hard to keep up notes, there's a lot of important details you try to take down, then you're have to do is subsequently a bit less the depth level of processing. For classes slower or classes just have pauses where they are explaining an idea that you already jotted the notes for, then you can make these connections.

So you can see here what I'm writing down, I'm drawing pictures and creating arrows between the ideas so as he makes a point, I make a reference to other points where I will also show the chain of rising or also show how this point relates to other point as the previously discussed. Another thing that you can do is add metaphors in addition to diagrams and visualization and this could be your own idea so if someone mention something in a class and it reminds you of something in similar system, then you can jot down the metaphors as part of this active learning deeper process. So in this particular example, I created a large arrow to join off from this main idea and pointed out that you know that this was the metaphor that was related to something that I previously study in economics that I thought. You know this system is very similar to that.

So the main thing to do when you taking flow-based notes is to draw connections between the ideas that you're getting at the same time to focus on really engaging on the materials. So when you have things, paraphrasing, don't just use, however you're thinking about it, don't just use on whatever the professor was talking but write down with your own words so you can really deeply understand that.