

Outline Note-Taking Method

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- A system for recording and organizing information in a classroom note taking style.
- Organizes the information in a logical, structured manner while identifying main points.
- This format is good for planning presentations, projects, essays, creating summaries, and writing down information quickly.
- Outlined notes are easy to review pre-exam.

How to use:

1. Use bullet point form to make connections between ideas.
2. Define the main topic.
3. Indent and note subtopics.
4. Elaborate points by adding supporting evidence and materials.
5. Provide examples and further details
6. Review and revise notes.

Outline Note-Taking Examples:

TITLE

- This is a main topic
 - This is a sub-topic
 - This is a thought or supporting fact
- This is a main topic
 - This is a sub-topic
 - This is a thought or supporting fact

Parasomnias

A. Sleep terrors

1. **Onset:** Usually within 15–90 min of sleep
2. **Occurs:** Stage 4 of NREM–REM sleep
3. **Duration:** Up to 20 min per episode
4. **Alertness:** Hard to awaken
5. **Recall:** No recollection of content
6. **Causes:** Illness, high fever
7. **Cures:** Maturing central nervous system in children

B. Sleepwalking

1. **Onset:** Usually within 3–4 hr of sleep
2. **Occurs:** NREM sleep
3. **Duration:** Ranges from 5–30 min

References:

Boris. (2022, May 2). *The ultimate guide to the outline note-taking method*. Able.
<https://able.ac/blog/outline-note-taking-method/>

GoodNotes. (2023, March 20). *The Outline Note-Taking Method: Steps, Benefits, and When To Use*.

GoodNotes. <https://www.goodnotes.com/blog/outline-note-taking-method>

Tamm, S. (2023, January 20). *The 9 Most Effective Note-Taking Methods*. E-student.org. <https://e-student.org/note-taking-methods/>

Name:

Course:

Date:

Title:

- **Main topic:**
 - **Subtopic:**
 - **Supporting Evidence:**
 - **Supporting Evidence:**
 - **Further Details:**

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