

APSU Writing Center

Outline Note-Taking Method

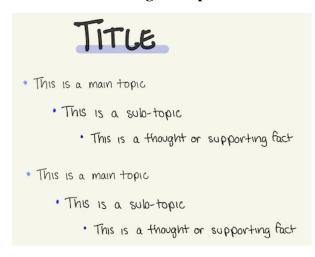
Outline Note-Taking Method

- 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:



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/

Title: Main topic: Subtopic: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Supporting Evidence: Further Details:	Name:	Course:	Date:
 Main topic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Supporting Evidence: 	Title:		
 Subtopic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Supporting Evidence: 			
 Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Supporting Evidence: Supporting Evidence: Supporting Evidence: Supporting Evidence: 			
 Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Supporting Evidence: 			
 Further Details: Main topic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: 			
 Subtopic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Supporting Evidence: 	■ Further Details:		
 Supporting Evidence: Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Supporting Evidence: 	Main topic:		
 Supporting Evidence: Further Details: Main topic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Supporting Evidence: 	Subtopic:		
 Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Supporting Evidence: 	Supporting Evidence:		
 Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: 	Supporting Evidence:		
 Subtopic: Supporting Evidence: Supporting Evidence: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: Supporting Evidence: 	Further Details:		
 Supporting Evidence: Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: 	• Main topic:		
 Supporting Evidence: Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: 	Subtopic:		
 Further Details: Main topic: Subtopic: Supporting Evidence: Supporting Evidence: 	Supporting Evidence:		
 Main topic: Subtopic: Supporting Evidence: Supporting Evidence: 	Supporting Evidence:		
 Subtopic: Supporting Evidence: Supporting Evidence: 	Further Details:		
Supporting Evidence:Supporting Evidence:	• Main topic:		
■ Supporting Evidence:	Subtopic:		
	Supporting Evidence:		
- Further Details:	Supporting Evidence:		
- Fulfilei Details.	Further Details:		