

**Promoting the academic performance of
Ukrainian university students: Effective
approaches to improve
learning and academic performance of
Ukrainian university students**

LESSON 5

***EFFECTIVE NOTE-TAKING AND ACTIVE
LEARNING TECHNIQUES***

Perceptions of Inclusion, well-being and Identiflcation with
the European Union in Ukrainian university students



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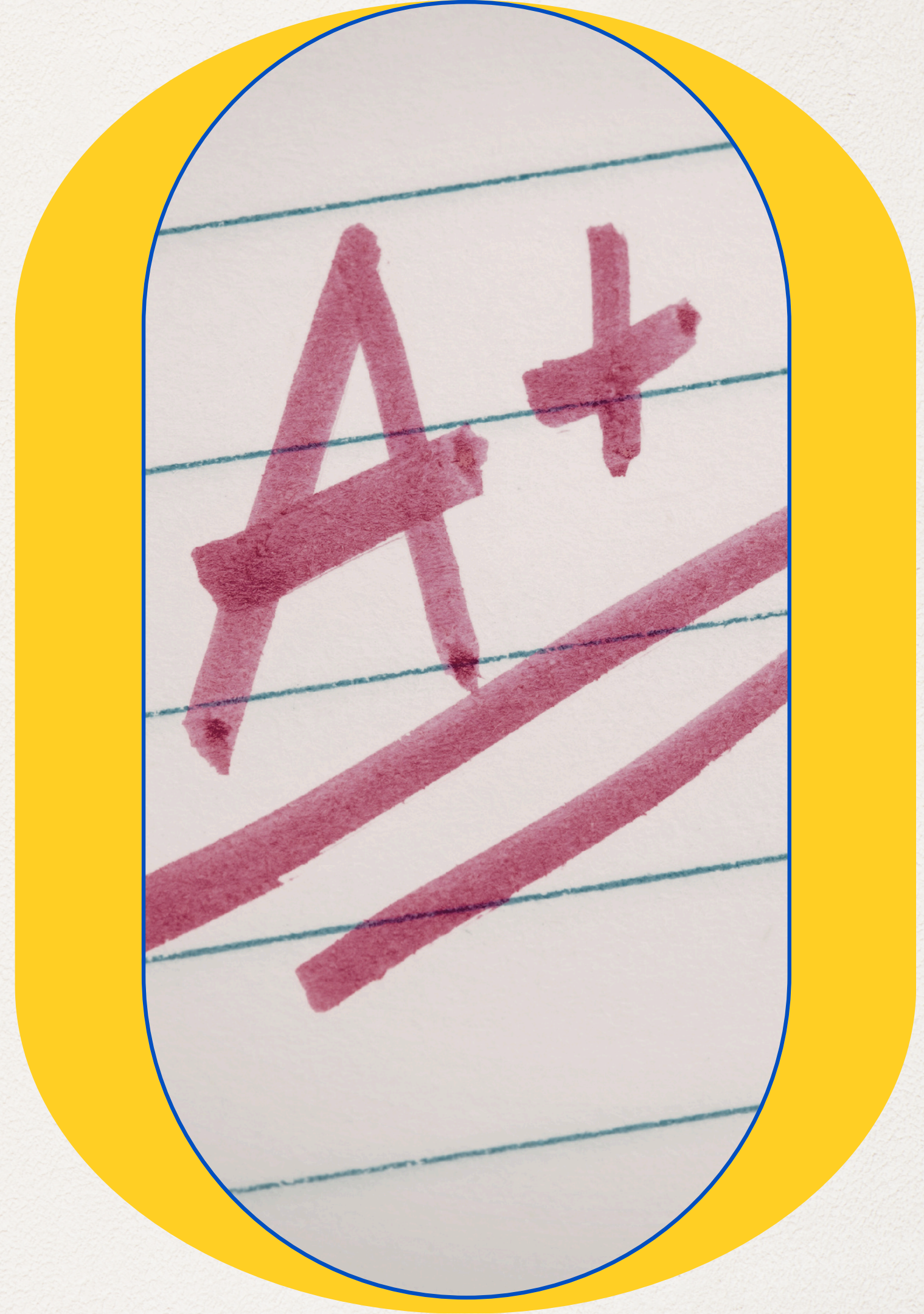


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Importance of Notes for Academic Success

- Notes support understanding and retention
- Effective notes organize complex information
- Structured notes improve exam preparation
- Active note-taking strengthens learning



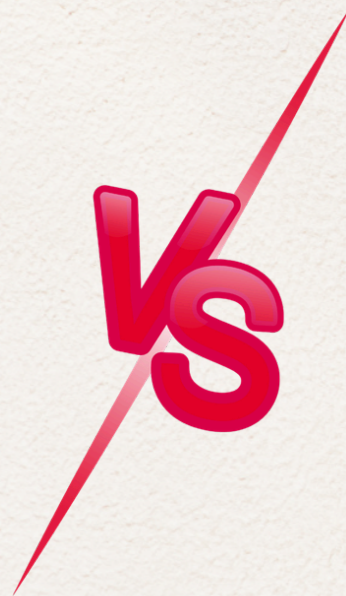


Notes as an Active Process

- Notes involve selecting essential information
- Summarizing improves comprehension
- Organizing ideas enhances clarity
- Active processing supports long-term memory



Transcription vs. Synthesis



- Word-for-word copying limits understanding
- Synthesizing highlights key concepts
- Structured notes reduce information overload
- Analytical notes improve recall



Note-Taking Techniques

- Use structured and organized formats
- Adapt techniques to subject requirements
- Focus on clarity and logical flow
- Combine text with visual element



The Cornell Method

- Divide the page into key ideas, details, summary
- Record main concepts during lecture
- Add review questions in the margin
- Write a short summary after class

Concept Maps (Mind Mapping)

- Organize information visually
- Show relationships between concepts
- Use keywords instead of full sentences
- Apply colors and symbols for clarity



Lists and Logical Diagrams

I O G i C



- Structure information in clear sequences
- Use bullet points for clarity
- Create flowcharts for processes
- Highlight cause–effect relationships





Principles of Active Learning

- Learning requires engagement and reflection
- Asking questions deepens understanding
- Discussion strengthens retention
- Application improves long-term recall

Questioning and Discussion



- Ask questions while reading
- Clarify unclear concepts immediately
- Participate in group discussions
- Explain ideas to peers

Immediate Application of Knowledge



- Solve practical exercises
- Apply theory to real examples
- Use case studies for analysis
- Practice problem-solving regularly

Strategies for Combining Notes with Active Learning



- Transform notes into self-test questions
- Review notes periodically
- Connect notes to practical examples
- Use notes for structured revision



Notes for Self-Testing

- Cover and recall key concepts
- Create flashcards from notes
- Identify weak areas
- Practice retrieval regularly

Creating “Smart Sheets”



- Summarize essential information
- Include examples and applications
- Highlight key formulas or definitions
- Use sheets for quick revision



Personalized Note-Taking Strategy



- Identify preferred learning style
- Select suitable note-taking method
- Combine written and visual techniques
- Adjust strategy based on performance



Evaluating the Quality of Notes



- Check clarity and organization
- Ensure relevance of recorded information
- Assess usefulness for exam preparation
- Revise and improve notes regularly





Thank you

Any Question?

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