

Cornell notes template

Record lecture notes, create recall cues, and summarize the main ideas.

COURSE

DATE _____

TOPIC

SUMMARY - Write the main idea in your own words

Blank templates are on pages 1, 3, and 5. Completed examples are clearly labeled.

Cornell notes template

FICTIONAL EXAMPLE

Record lecture notes, create recall cues, and summarize the main ideas.

COURSE

Environmental Science

DATE

Oct. 12, 2026

TOPIC

Urban heat islands

CUES / QUESTIONS	NOTES
Why can cities stay warmer?	Pavement and roofs absorb and store heat. They can release it after sunset, so built-up blocks may stay warmer overnight.
Which features cool a street?	Tree shade blocks some sunlight. Plants also release water vapor. The amount of cooling depends on canopy, water, and street design.
How could a comparison be fair?	Compare places at similar times and note weather, shade, and surface materials before explaining a temperature difference.
What affects the result?	A single reading does not describe a whole neighborhood. Site, time of day, recent weather, and measurement method matter.

SUMMARY - Write the main idea in your own words

Urban heat depends on materials, shade, and street layout. Compare similar locations and record the conditions before explaining a difference.

Try to keep the summary to two or three sentences.

Lecture notes template

Capture the structure of a lecture, then add questions and follow-up actions.

TOPIC

LECTURE FLOW / NOTES

KEY TERMS / DEFINITIONS

QUESTIONS / CONNECTIONS

AFTER CLASS - Three-minute review

Lecture notes template

FICTIONAL EXAMPLE

Capture the structure of a lecture, then add questions and follow-up actions.

COURSE
Biology 110

DATE
Oct. 14, 2026

TOPIC
Cell membranes

LECTURE FLOW / NOTES

1. Membrane structure

A phospholipid bilayer separates the cell interior from its surroundings. Proteins sit within or across the membrane.

2. Selective movement

Some small molecules pass through more easily. Channels and carriers help specific substances cross.

3. Concentration

Net movement depends on differences in concentration and whether energy is needed for transport.

KEY TERMS / DEFINITIONS

Bilayer - two lipid layers

Channel - protein passage

Diffusion - net movement

Transporter - binds a solute

QUESTIONS / CONNECTIONS

How does concentration affect net movement?

Check which transport examples require energy.

Connection: relate channels to cell needs.

AFTER CLASS - Three-minute review

Main takeaway Membranes control exchange through their structure and transport proteins.

Question to check Which transport example needs energy, and what evidence shows that?

Next action Review the lecture diagram and explain one transport example from memory.

Study and review notes template

Use retrieval prompts to check what you can explain before rereading.

COURSE

DATE

TOPIC

RECALL PROMPTS

ANSWER FROM MEMORY

CHECK AND CORRECT

What did I miss? _____

What should I verify? _____

What can I now explain? _____

NEXT STUDY SESSION

Review date _____ Next action _____

Study and review notes template

FICTIONAL EXAMPLE

Use retrieval prompts to check what you can explain before rereading.

COURSE
Biology 110

DATE
Oct. 16, 2026

TOPIC
Mitosis

RECALL PROMPTS

1. What is the purpose of mitosis?
2. What separates during anaphase?
3. How do daughter cells compare?

Fictional study notes for layout demonstration.

ANSWER FROM MEMORY

It produces two daughter cells with the same chromosome number as the starting cell.

Sister chromatids move toward opposite poles of the cell.

They usually carry the same genetic information, assuming the process proceeds normally.

CHECK AND CORRECT

What did I miss? I mixed up chromosome separation and cell division. Check the stage order in the course diagram.

What should I verify? Confirm how cytokinesis follows nuclear division in this course's materials.

Confidence after checking Explain the sequence again without looking at the notes.

NEXT STUDY SESSION

Review date: Oct. 19, 2026 (fictional) Next action: draw the stages from memory and label what moves.