

# Forms of Notetaking

Good note-taking forms provide organization, elevate major points, demote minor points, and highlight relationships.

Paragraph form is simplest to master, though it lacks organization.

- Best for person who – writes a lot, needs lots of detail, can write quickly

	<i>Packing a Healthy Lunch</i>
	<i>Balanced meal is key to health. Some ppl focus on macronutrients - fats, carbs, protein - US gov't recommends MyPlate system: 2-3C vegetables, 1-2 C fruit, 6-8 oz grain, 5-6 oz protein, 3 C dairy, 5-6 tsp oils.</i>
	<i>Special dietary requirements. Religious examples include: Halal (Islam) - Kosher (Judaism) - I-tal (Rastafarianism) - and Word of Wisdom (Latter Day Saint). Medical conditions might also need special diets: Diabetes monitor carb intake. Celiac disease can't have gluten. Food allergies. Hypertension (DASH diet). Also self-selected special diets like vegetarian/vegan, Paleo, raw, and weight loss diets.</i>
	<i>Storage and preparation facilities must be considered when planning. Storage space: Public - like fridge in open area. Semiprivate - like department fridge in a key-access area. Secoure of private space , like department fridge in a key-access area. Secoure of private space , like carrying it your backpack. Keeping it cool: Full or mini fridge, cooler</i>



**Outline form is more complex and highly organized.**

- Best for person who – needs organization, likes bullet points, easiest to make flashcards from, good start for writing essay

*Packing a Healthy Lunch*

*I. A balanced meal is key to health.*

*A. Some pay attention primarily to macronutrients.*

- 1. Fats (focus on monounsaturated)*
- 2. Carbohydrates (complex vs simple)*
- 3. Protein*

*B. The US government recommends the MyPlate system.*

- 1. Vegetables (2-3 C/day)*
- 2. Fruits (1-2 C/day)*
- 3. Grains (6-8 oz/day)*
- 4. Proteins (5-6 oz/day)*
- 5. Dairy products or equivalent (3 C/day)*
- 6. Oils (limit to 5-6 tsp/day)*

*II. Special Diets*

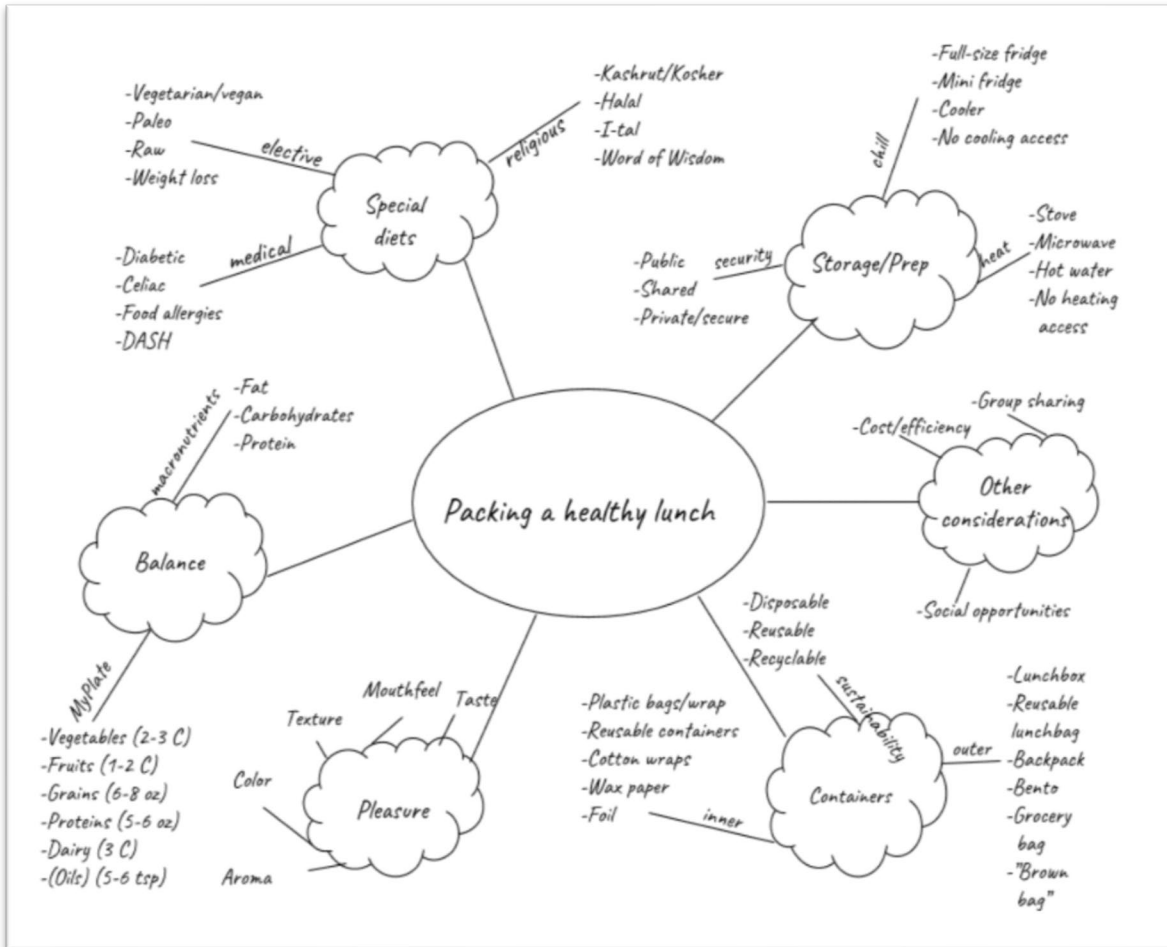
*A. Some dietary codes come from a religious tradition.*

- 1. Halal (Islam)*
- 2. Kosher (Judaism, from Kashrut)*
- 3. I-tal (Rastafarian)*



Concept mapping is more visual and allows you to make connections.

- Best for person who – artistic, doodles, wants to see bigger picture or all lecture points on one page



**Petaluma**

Phone: 707-778-3616  
 Text: 833-419-0362  
 Email: studentsuccess@santarosa.edu  
 Zoom: <https://santarosa-edu.zoom.us/j/7077783616>



**Santa Rosa**

Phone: 707-527-4410  
 Text: 883-434-038  
 Email: firstyearsuccescoach@santarosa.edu  
 Zoom: <https://santarosa-edu.zoom.us/j/7075274410>