



Cornell Method of Note Taking: Blank Handout + Example

Undergraduate Tutoring Center | University of Vermont

Review the other side of this handout for directions, and an example

Course:		Date:	Topic:
Questions & Cues:	Notes:		
Summary:			



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Review the other side of this handout for a blank chart you can use for your notes.

Directions: Considered by many the gold standard of note taking, the Cornell Method is a comprehensive format for taking, condensing, and organizing notes. To take notes using the Cornell Method, use the Right-hand (*Notes*) column during class to record main points, details, and facts. Use the left-hand (*Questions & Cues*) column after to class to pull out main ideas, questions, study prompts, and hints. After completing the left-hand column, use the bottom (*Summary*) section to consolidate ideas and summarize the most critical information contained on that page.

Example:

Course: Intro to Psych.		Date: Sept. 15	Topic: Classical Conditioning
Questions & Cues:		Notes:	
Classical conditioning	A type of learning where a person or animal forms an association between two stimuli, causing a learned response.		
Ivan Pavlov	Russian scientist who discovered classical conditioning while studying dogs' digestive processes.		
Pavlov's experiment	Pavlov repeatedly rang a bell before presenting food. Eventually, the dogs began salivating when they heard the bell alone.		
Unconditioned stimulus (US)	A stimulus that naturally produces a response without prior learning. Example: food.		
Conditioned stimulus (CS)	A previously neutral stimulus that triggers a response after being paired with an unconditioned stimulus. Example: bell.		
Conditioned response (CR)	A learned response to the conditioned stimulus. Example: salivating when hearing the bell.		
Acquisition	The stage of learning when the conditioned stimulus and unconditioned stimulus are repeatedly paired together.		
Extinction	The gradual weakening of the conditioned response when the conditioned stimulus is presented without the unconditioned stimulus.		
Summary:			
Classical conditioning is a form of associative learning discovered by Ivan Pavlov. Through repeated pairings, a neutral stimulus can become a conditioned stimulus that produces a learned response. Key concepts include unconditioned and conditioned stimuli, acquisition, extinction, and generalization. This process helps explain many learned behaviors and reactions in everyday life.			