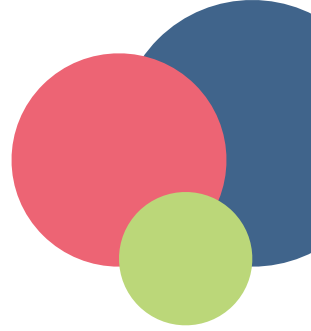


KidMed

The Cornell Method of Note-taking

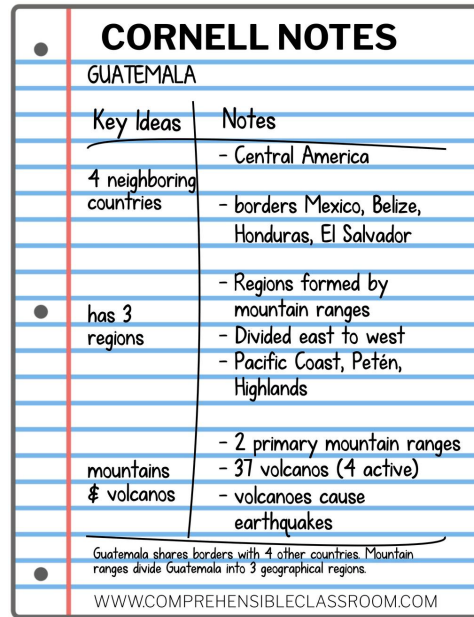
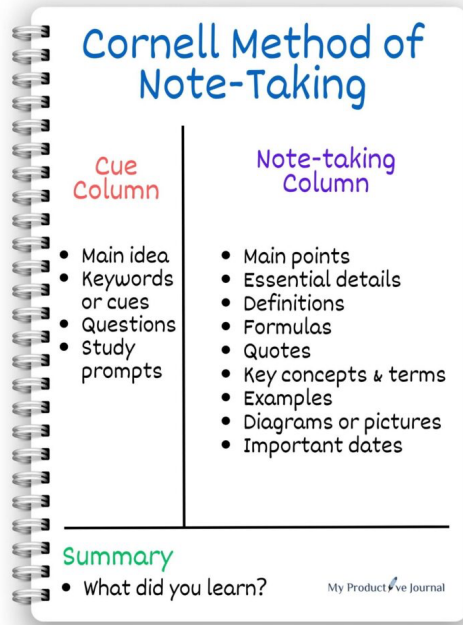


Ever notice that your child takes notes during class but struggles to make sense of them later? Or maybe they feel overwhelmed when it's time to study because their notes are a disorganized mess? The Cornell Method of note-taking is a great way to help your child get more out of what they learn—and turn their notes into a powerful study tool. It's easy to use, works for all subjects, and encourages kids to think critically about what they've learned. While this method is best suited for kids ten years of age and up, parents can help younger students by modeling the process and introducing it over time. The ultimate goal here is academic independence! Let's walk through how it works and how you can introduce it to your child.

What's the Cornell Method?

The Cornell Method divides the page into three sections to help kids actively engage with the material they're learning. It makes notes easier to study by encouraging review and self-testing, both of which are key to long-term retention. Here's the breakdown of the page layout:

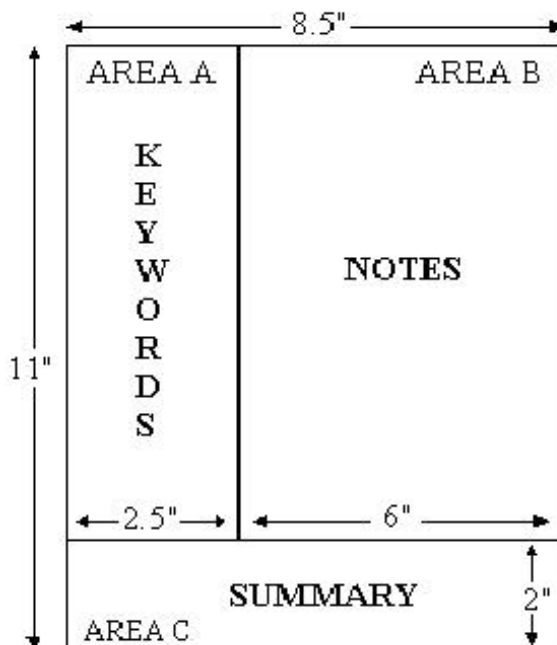
1. Cue Column (left side): This is where your child writes keywords or questions that act as prompts.
2. Notes Section (right side): This section holds the main content—facts, examples, or anything covered during class.
3. Summary Section (bottom): After reviewing their notes, your child writes a short summary in their own words.



How to Teach It to Your Child

1. Start by Setting Up the Page

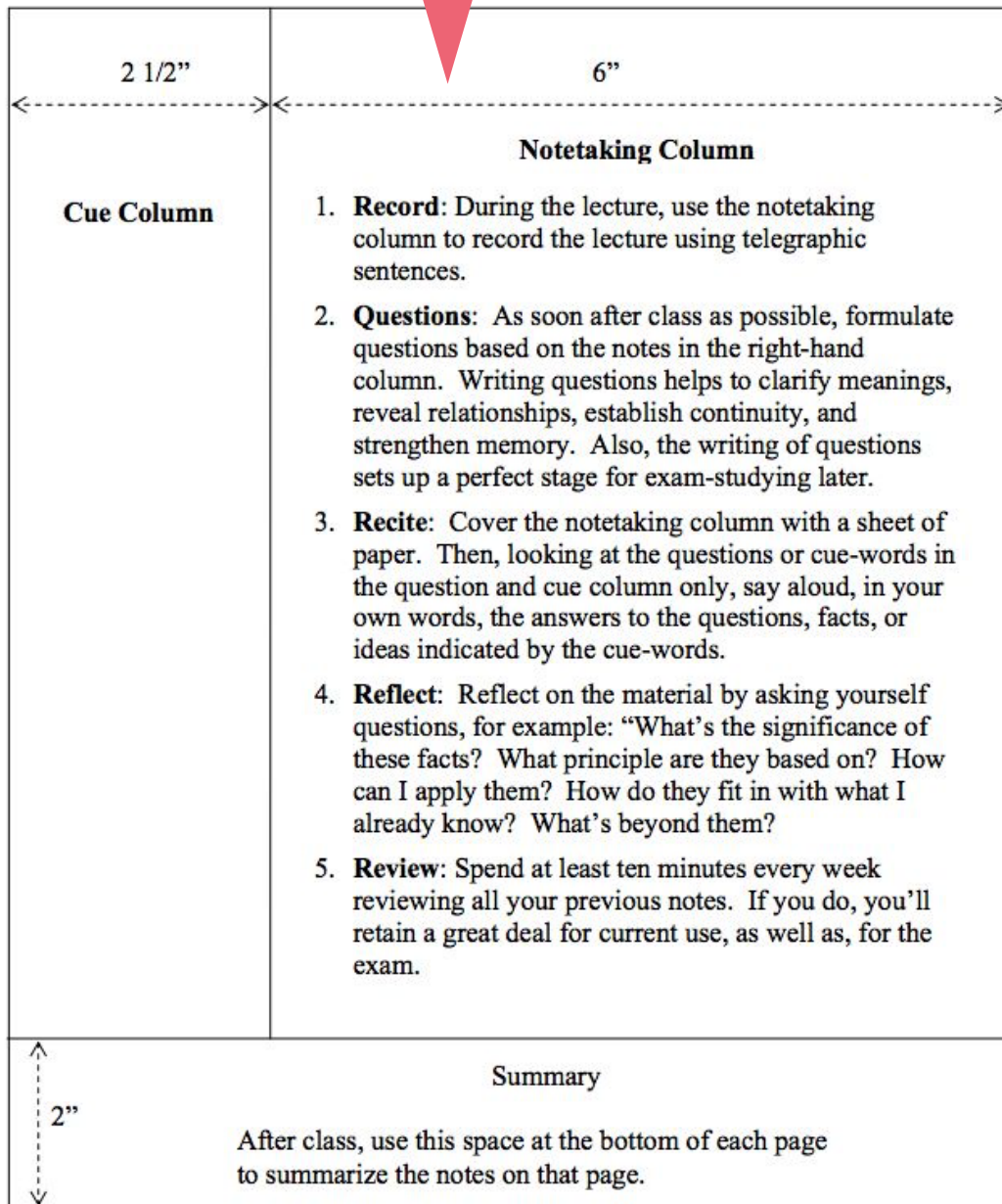
Help your child divide a sheet of paper (or a digital note) into the three sections. The notes section on the right takes up most of the space, while the cue column on the left is narrower. Leave a few inches at the bottom for the summary. You can create templates together to make it easier, especially if your child likes using notebooks or apps like Notion or OneNote.



2. Encourage Active Note-Taking

During class or while reading, your child should use the notes section to jot down key points. It's okay if the notes aren't perfect—just enough to capture the main ideas. Remind them that they don't need to write full sentences. Quick bullet points or phrases are fine!

Those notes go here:



3. Create Cues After Class

Once the class is over, have your child review their notes and fill in the cue column with questions or key terms. For example, if they wrote down a science concept, they could create a question like, “What are the steps of photosynthesis?” These cues are important because they help your child engage with the material through active recall—a research-proven way to boost learning and memory.

Title of Text Source _____
Cornell Notes

Name _____

Those questions
go here: →

Questions	Notes/Answers/Drawings
1. Place question #1 here.	
2. Place question #2 here.	
3. Place question #3 here.	
Summary:	

4. Summarize the Key Points

Writing a summary at the bottom of the page forces your child to reflect on what they’ve learned. Ask them to summarize the lesson in just a few sentences. If they can do this clearly, it means they’ve understood the material. If not, that’s a signal to go back and review. This process helps your child identify gaps in their knowledge early, rather than finding out later during a test.

Cornell Notes Structure	
Date: _____	
Class: _____	
Topic: _____	
Cues Column	Notes Column
<ul style="list-style-type: none"> Keywords, main concepts, & core ideas Concise facts Questions that arise Potential test questions Study prompts 	<ul style="list-style-type: none"> Main lecture notes Use concise sentences, symbols, abbreviations, lists Diagrams, visual aids Case studies, examples
	<i>When?</i>
	During lecture / session
<i>When?</i>	
Right after lecture / session	
Summary Column	
<ul style="list-style-type: none"> Summary of main points, top-level ideas This is your quick reference area Personal insights & reflecting Recap the key concepts 	
	<i>When?</i>
	After completing note-taking


The summary goes here:



Why the Cornell Method Works

The Cornell Method makes note-taking active rather than passive. When kids add cues and summaries, they're processing the information multiple times and in different ways —which is key for long-term memory, according to the latest research. It also encourages regular review. Instead of waiting until the night before a test, your child can use the cue column to quiz themselves throughout the week. Self-testing is much more effective than just rereading notes, according to research, and this is a habit best learned early!

The structure of the Cornell Method works for all kinds of learners. If your child is a visual learner, they can add color-coding or diagrams. If they learn by talking things out, the cue column gives them built-in questions to discuss with you or a study partner. And if they prefer hands-on learning, they can try summarizing out loud or explaining their notes to you.



How You Can Help Your Child Stick with It

- **Make it Routine:** Encourage your child to use the Cornell Method regularly, not just before big tests. The more they use it, the more natural it will feel.
- **Go Digital if They Prefer:** If your child likes working with technology, apps like OneNote, Notion and Good Notes allow them to create Cornell-style layouts easily.
- **Celebrate Small Wins:** When your child uses the method and feels more confident about their learning, acknowledge that progress. Positive reinforcement helps!



The Cornell Method is more than just a way to take notes—it's a strategy to help your child stay organized, study smarter, and feel more confident in their learning. It might take a little time for them to get used to the layout, but once they do, they'll have a system that works across all subjects and all the way through college! Plus, the built-in review process means they'll be better prepared for tests without having to cram at the last minute.

Try introducing the Cornell Method to your child this week. Start small—maybe with one subject—and see how it goes. You might be surprised at how quickly it becomes a habit that makes learning less stressful for both of you!

If you have any concerns or questions,
please feel free to reach out to us.



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