SAMPLE

Excerpt from: Course Note-Taking System

This sample shows the first 3 page(s) of the full 57-page product.

This is a sample only. It is NOT the full product.

Buy the full product to receive the complete file.

SKILLQUESTERS



THE ONLINE COURSE NOTE-TAKING SYSTEM

Cornell templates, weekly reviews & checklists
turn watching into learning

How To Use This System

This book is a system, not a notebook. Use it in this order:

1. Read Part 1 — why your current notes don't work (5 minutes).
2. Learn the Cornell layout adapted for video courses (Part 2).
3. Print the 50 Cornell templates (Part 3) — one per module or lesson.
4. Run the weekly review every Sunday (Part 4).
5. Track completion with the checklist (Part 5).

One course = one stack of templates + one weekly review.
Finish the stack, and you finish the course — with notes you can actually recall months later.

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Part 1 — Why Most Course Notes Fail

And the 5-minute fix

Most course notes fail for the same five reasons:

1. Transcription, not thinking. Copying slides word-for-word feels productive but creates zero memory. Your brain outsources the work to the page — and remembers nothing.
2. No structure. A wall of linear text has no hooks. You can't find anything later, so you never revisit the notes.
3. No review. Notes written once and never seen again decay fast — the forgetting curve wipes 70% within a week.
4. Highlights instead of recall. Re-reading and highlighting feel like learning. They're not. Retrieval — pulling ideas from memory — is.
5. Notes live where courses die. Scattered across apps, notebooks, and screenshots, they become a graveyard, not a system.

The fix has three parts — capture, condense, retrieve:
- CAPTURE during the lesson: facts, steps, and examples only.
- CONDENSE within 24 hours: cue questions + a 3-sentence summary.
- RETRIEVE weekly: cover the notes, answer your own cue questions.

The Cornell layout in Part 3 is built exactly for this loop.

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