Althea Need Kaminske Cover image Pexels Pixabay One common metaphors describe first years medical school like like drinking water fire hose overwhelming amount information students need learn need learn fast One areas help medical students improving notetaking help manage “ fire hose ” information way define notetaking probably little different people think notetaking context think notes record learning formatted improve understanding long-term retention material Ideally record continually updated living document progress towards learning goals means notes could include handwritten flashcards typed charts tables annotated diagrams sketches flowcharts mind maps etc makes notes good effective depends goals notes example common question whether matters take notes hand typed device Generally would argue format ’ matter much cognitive processes engage making notes see post Megan explaining Notes taken hand tend better ’ harder take notes hand forcing selective write paraphrase things words 1 ’ selectivity paraphrasing ’ helpful memory understanding physical movement hands know ’ easy apply principles typed notes However goals notetaking provide sort transcription event yes typing notes likely faster easier goal Effective note-taking medical school needs achieve several goals First notes need formatted aid subsequent retention i.e spaced retrieval practice Second need condense fire hose information something manageable Third need done way builds understanding material finally record learning help track monitor learning living document reflects current understanding Good notes notes Formatted spaced retrieval practice Condensing large amounts information Building understanding Recording monitoring understanding book Study Without Stress Eugenia G. Kelman Kathleen Straker 2 authors cover five different note formats meet goals cover flashcards diagrams flowcharts charts tables combinations