althea need kaminsk cover imag pexel pixabay one common metaphor describ first year medic school like like drink water fire hose overwhelm amount inform student need learn need learn fast one area help medic student improv notetak help manag “ fire hose ” inform way defin notetak probabl littl differ peopl think notetak context think note record learn format improv understand long-term retent materi ideal record continu updat live document progress toward learn goal mean note could includ handwritten flashcard type chart tabl annot diagram sketch flowchart mind map etc make note good effect depend goal note exampl common question whether matter take note hand type devic gener would argu format ’ matter much cognit process engag make note see post megan explain note taken hand tend better ’ harder take note hand forc select write paraphras thing word 1 ’ select paraphras ’ help memori understand physic movement hand know ’ easi appli principl type note howev goal notetak provid sort transcript event ye type note like faster easier goal effect note-tak medic school need achiev sever goal first note need format aid subsequ retent i.e space retriev practic second need condens fire hose inform someth manag third need done way build understand materi final record learn help track monitor learn live document reflect current understand good note note format space retriev practic condens larg amount inform build understand record monitor understand book studi without stress eugenia g. kelman kathleen straker 2 author cover five differ note format meet goal cover flashcard diagram flowchart chart tabl combin