

CHAPTER 1 - LEARN TO LEARN

Note taking



02 MIN

2 min !

Put the words in the correct order

notes

are

These

toda

y

m

y

from



What does it mean ?

“I trust the weakest
pen more than the strongest **memory.**”

Tim Ferriss



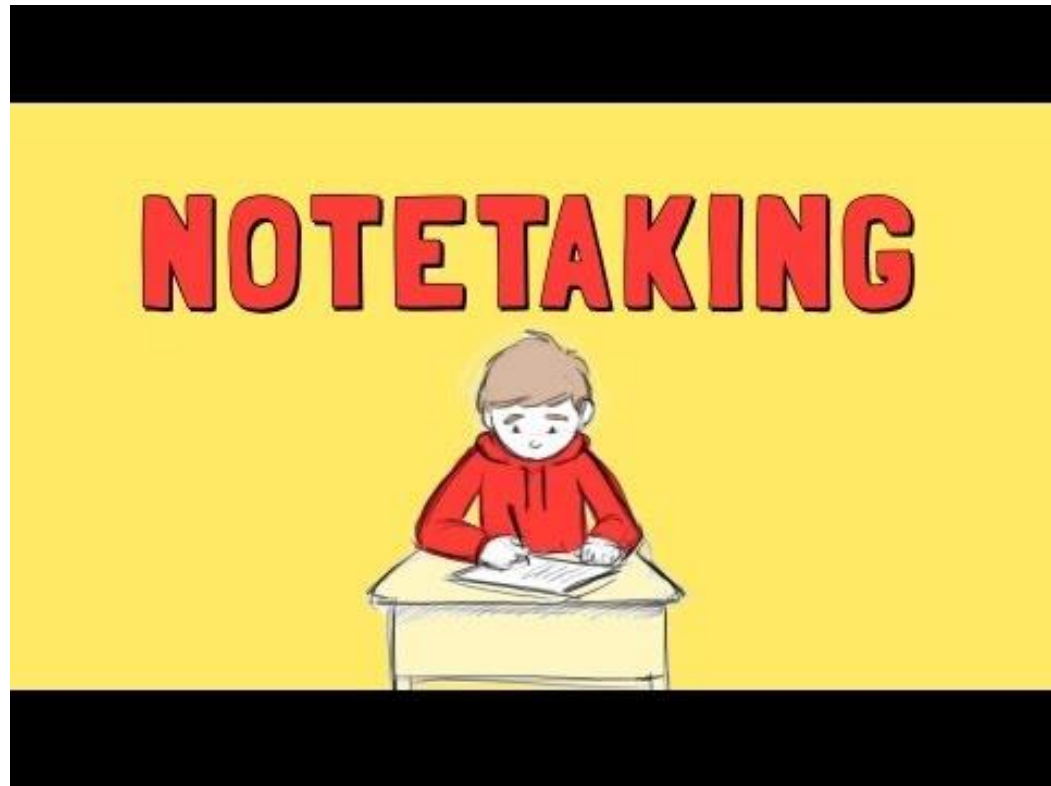
10 MIN



How to take great notes



- ✓ Listen [?] to the video with subtitles (*pause if you need*)
- ✓ What are the **3 advices** she gives to take good notes ?





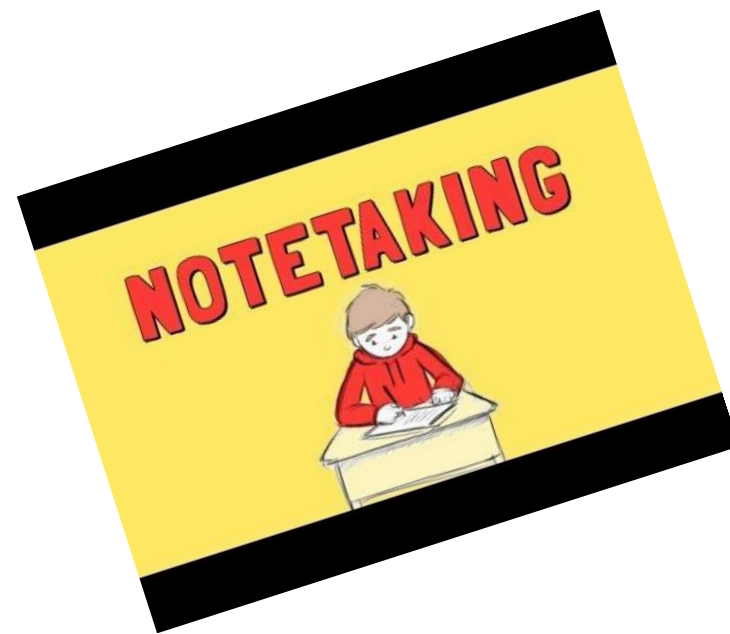
How to take **great** notes

?

✓ What are the **3 advices** she gives to take good notes ?

1. Don't write facts write **conclusions**
2. Use visuals and **colored** pens
3. **Review** your notes

You can re-write you notes
to
Make them more clear !





15 MIN



Don't copy

- You are **not** a recorder
- The teacher give you the **slides**



Understand

- Use your **brain** actively !



Understand and structure



Don't take note for **everything**

The cat is a domestic species of small carnivorous mammal. is commonly referred to as the domestic cat or house cat to distinguish it from the wild members of the family. Cats are commonly kept as house pets but can also be farm cats



Understand and Structure

Cat

- specie :carnivorous
- 2 categories : domestic , wild
- Where do they stay ?
 - usually in house pets



Use **visuals** and **colored pens**

Cat

- How to define them?
 - specie :carnivorous
 - 2 categories : domestic , wild
- Where do they stay ?
 - usually in house pets
- We need space to host a cat

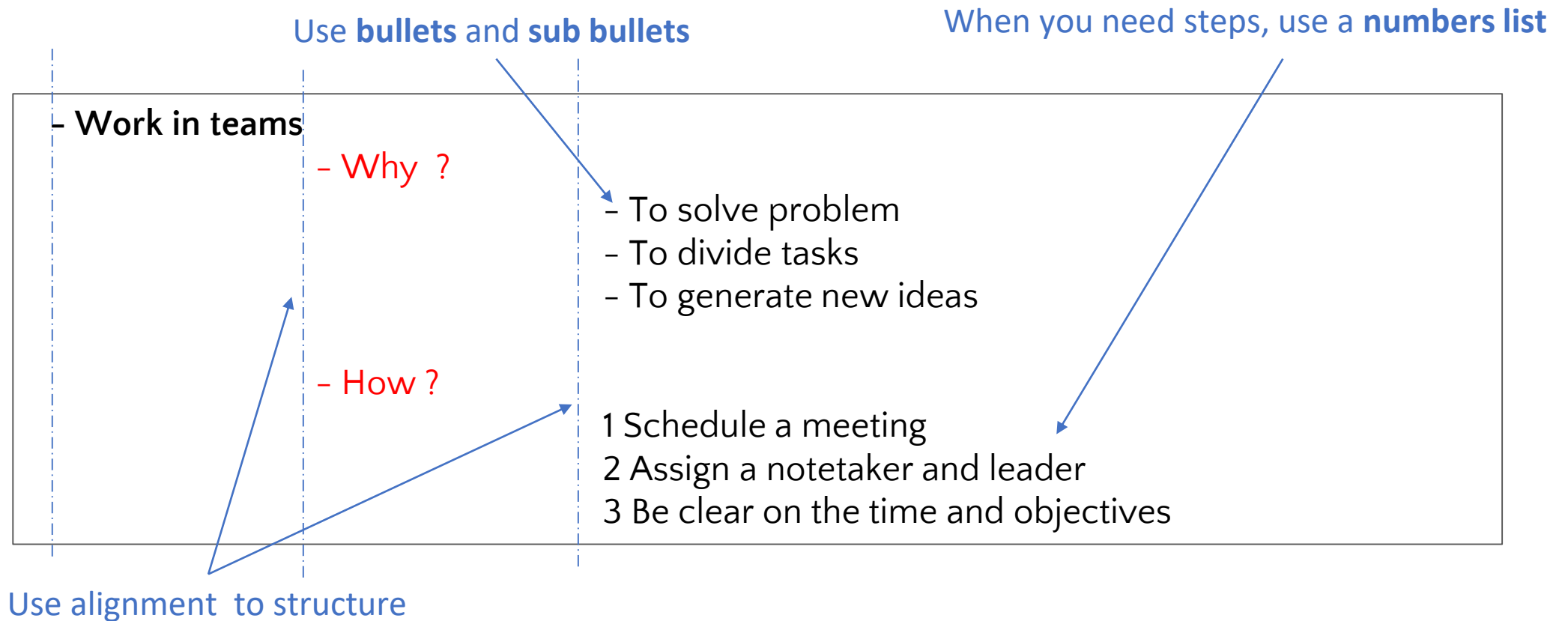
red = questions

black = information

green = conclusions



Structure with **bullets** and **lists**



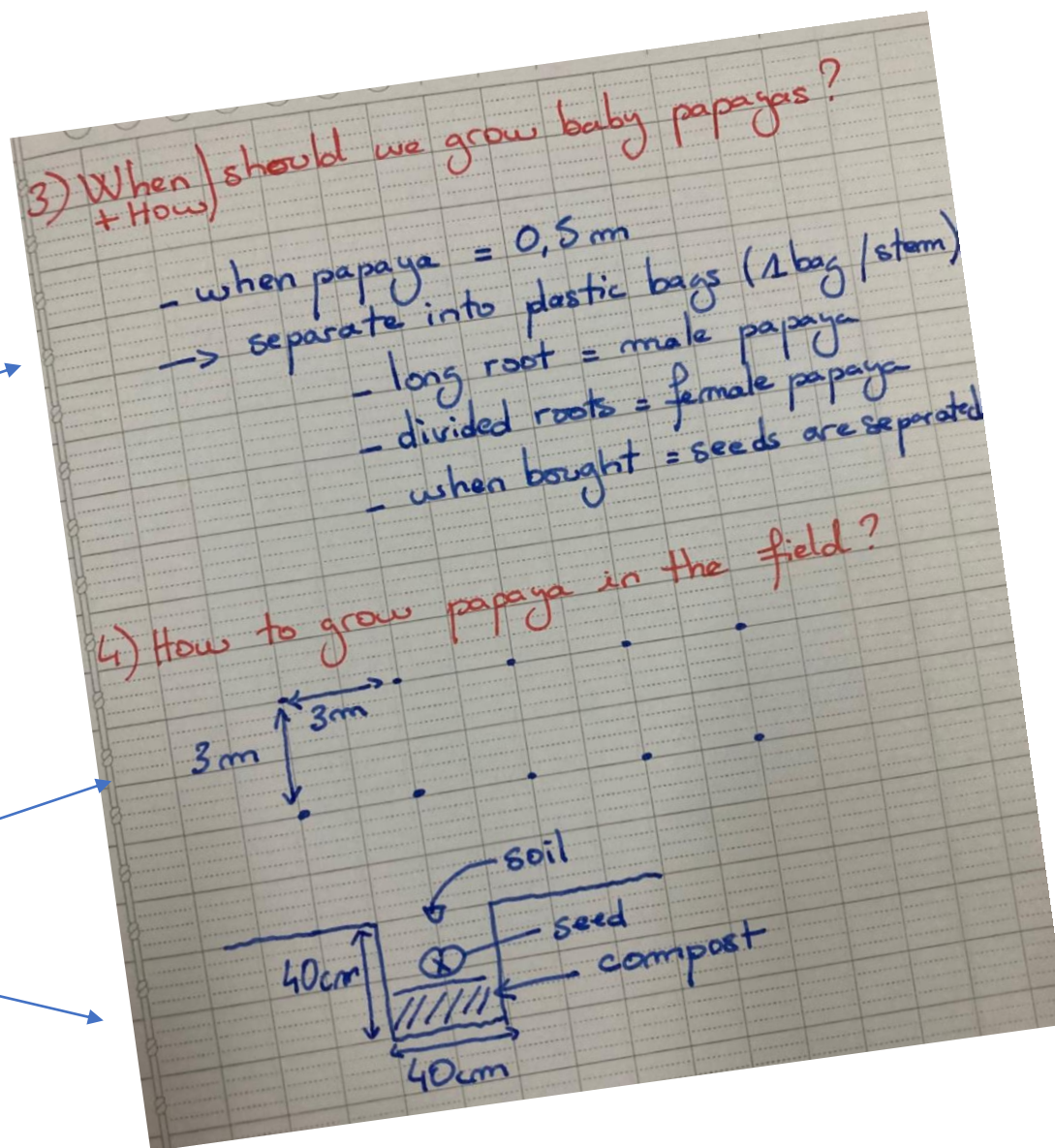


Illustrate notes with **graphics**

Organize notes with
questions

Organize notes with
bullets

Combine graphics with your notes
To understand concepts

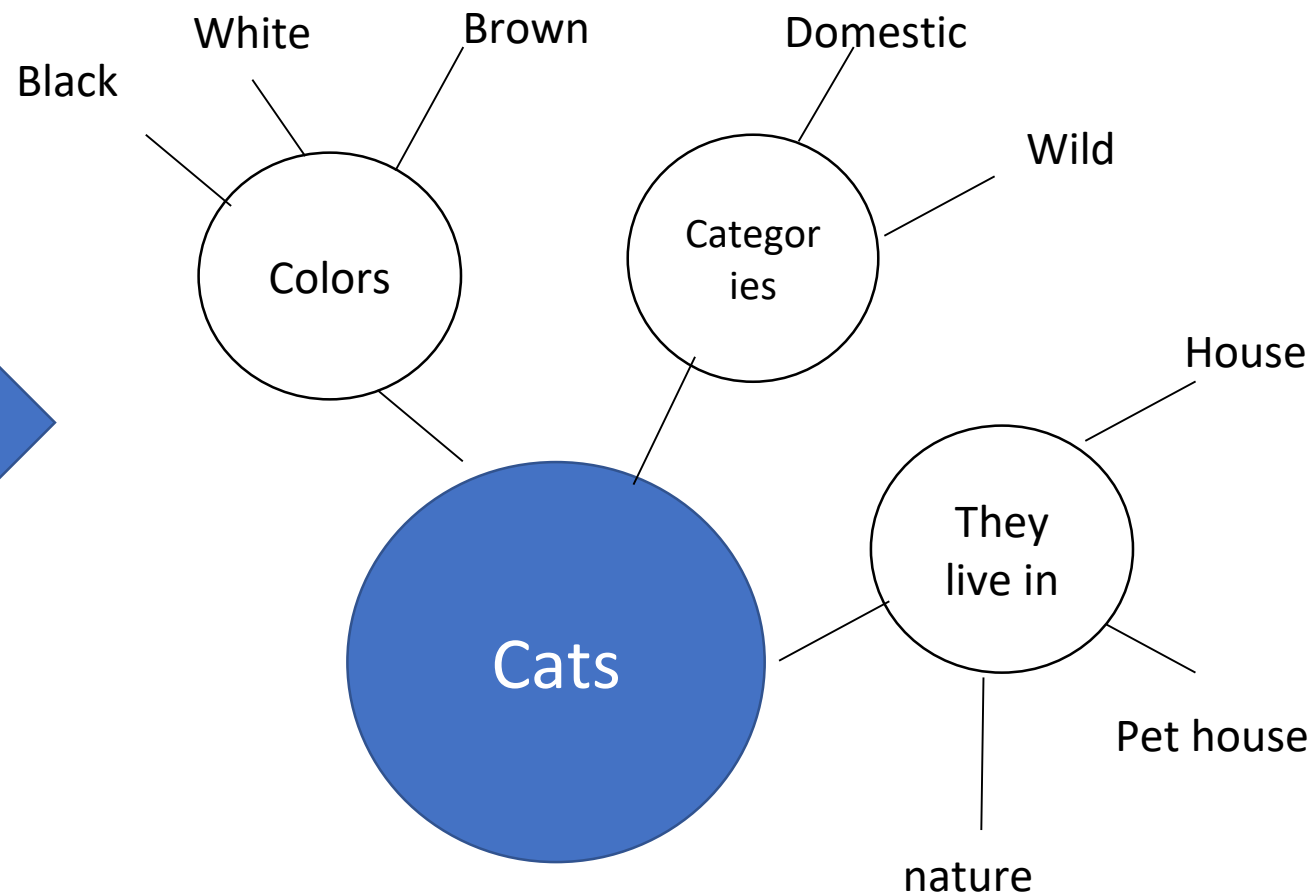




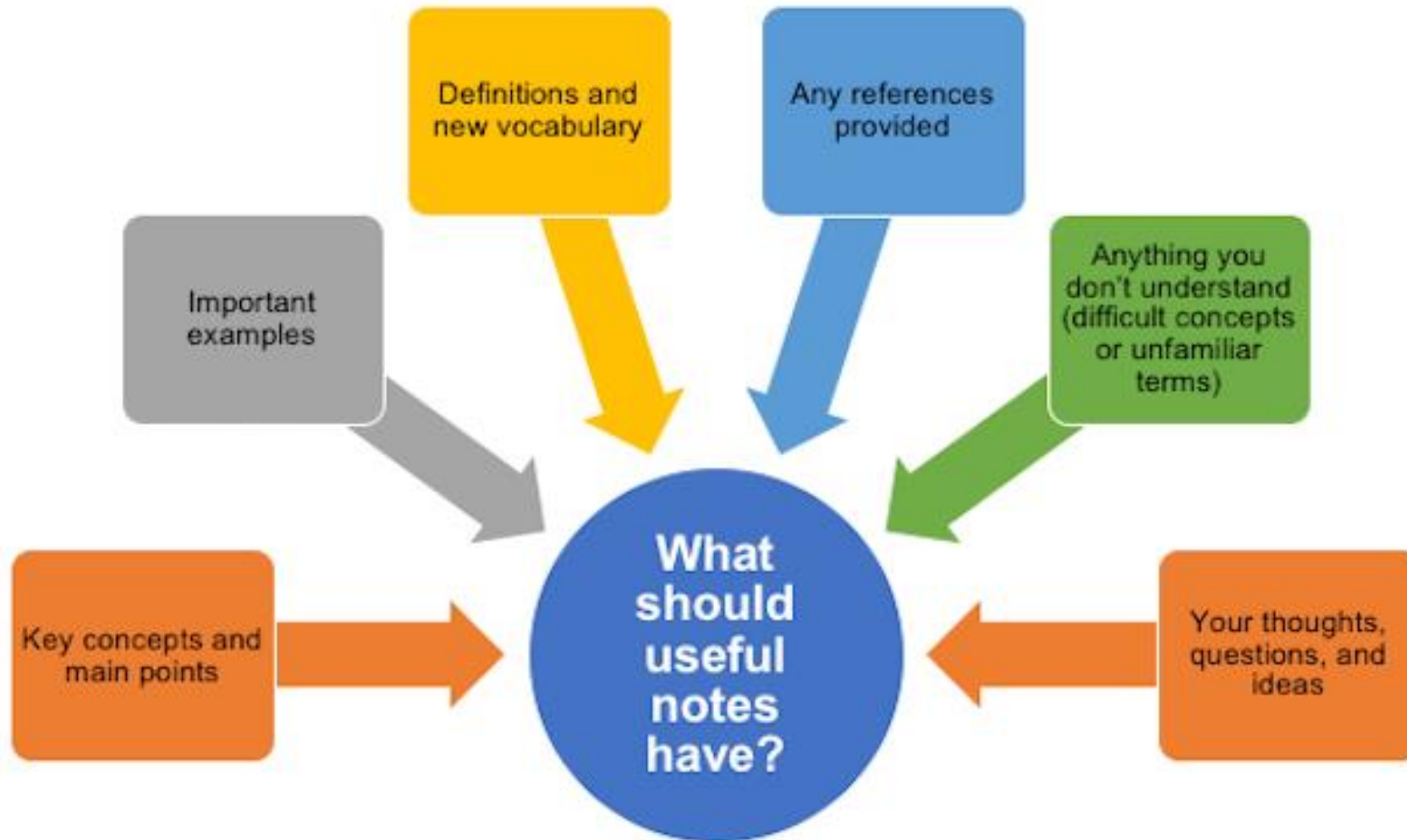
Bullet or mind maps, *you can choose !*

Cat

- Colors : Black, white, brown
- Categories : domestic , wild
- Where do they stay ?
 - in houses
 - in pet houses
 - in the nature
- Where do they live
 - Cambodia



What should we see in your notes ?

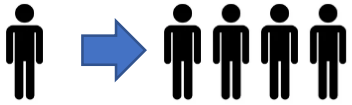


Note taking evaluation

Use clear titles	/10
Use bullets and sub bullets	/20
Use key words or short sentences	/20
Use your own colors rules	/10
Explain concepts with your own words	/10
Include vocabulary of new words	/10
Include your thoughts , ideas....	/10
Write + answer to questions to explain a concept	/10



15 MIN



What is IT ?



- ✓ Listen to the video with subtitles (*pause if you need*)
- ✓ Take note, following the **EVALUTION GRID**
- ✓ In group, score the notes of the 3 other students
- ✓ Finally be agree on the best notes and present them to the class



Activity 1- តើអ្វីជាព័ត៌មានវិទ្យា?

1. តើកុំព្យូទ័របង្កើតដើម្បីអ្វី?

- ជួយសំរួលដល់ការងារមនុស្ស

❖ វិទ្យាសាស្ត្រកុំព្យូទ័រគឺជាសិល្បៈដែលមនុស្សធ្វើការទំនាក់ទំនងជាមួយកុំព្យូទ័រដើម្បីអោយកុំព្យូទ័រធ្វើការងារអោយខ្លួន។

2. តើអ្នកព័ត៌មានវិទ្យាធ្វើអ្វីខ្លះ?

- សរសេរកម្មវិធី **software** សំរាប់ទូរស័ព្ទ កុំព្យូទ័រ
- ការរចនា**គេហទំព័រ**
- ការសរសេរគេហទំព័រ
- បង្កើត**បញ្ហាសិប្បនិម្មិត**
- បង្កើតវីដេអូអូប្តេម
- ការសរសេរប្រតិបត្តិការ os, android, MacOS
- ការធ្វើប្រព័ន្ធសុវត្ថភាព

3. តើ គណិតវិទ្យា មានសារៈសំខាន់ក្នុងវិស័យអាយធីដែររឺទេ?

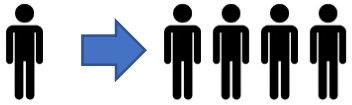
- ជួយរកដំណោះស្រាយ
- ចេះវិភាគ

4. តើអ្នកអាយធីអាចជួសជុលម៉ាស៊ីនត្រជាក់ ឆ្នាំងបាយបានទេ?

- អត់បានទេ



15 MIN



How to grow papaya

- ✓ Listen to the video
- ✓ Take note, following the **EVALUTION GRID**
- ✓ In group, score the notes of the 3 other students
- ✓ Finally be agree on the best notes and present them to the class



Color rules**Unclear words****Questions**

Write a clear title

How to grow papaya?

1) How to choose seeds?

* $\frac{50\%}{30\%}{20\%}$

* seeds can be planted immediately
→ grow faster than dried seeds

2) How to grow papaya?

* Soil

$\frac{1}{3}$ damboke land (no termites)

$\frac{1}{3}$ rice husk charcoal

$\frac{1}{3}$ compost

1. ^{mix} ~~wet~~ the soil

2. wet the soil

3. plant the seeds

4. put 1cm soil on top of the seeds

5. water

6. wait 10 days

Combine what
goes together

Use numbers for steps

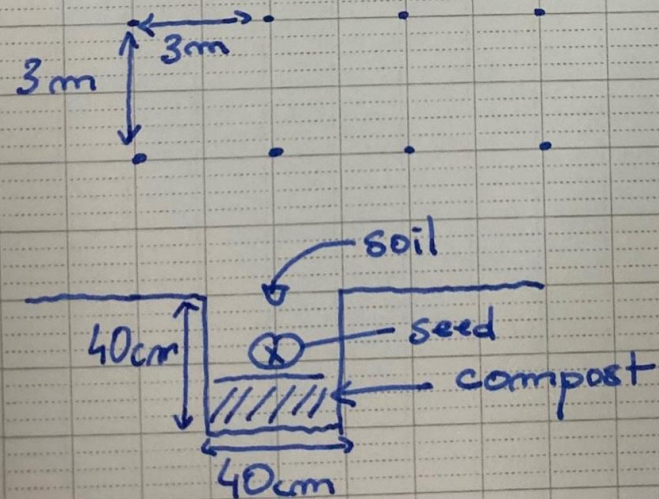
Use **keywords** more
than sentence

3) When + How should we grow baby papayas?

- when papaya = 0,5 m
- separate into plastic bags (1 bag / stem)
 - long root = male papaya
 - divided roots = female papaya
 - when bought = seeds are separated

Combine **graphics**
with your notes

4) How to grow papaya in the field?



5) Addition: if you want dwarf papaya

- 4 methods :
- bend the stem
 - cut the stem
 - horizontal planting
 - cut roots

6) Harvest : depending on the variety

- 4-5 months
- 7-8 months
- 1 year

Vocabulary:

rice husk charcoal
bend the stem
horizontal planting
Variety

Use titles and subtitles

Separate unclear words to look for definition

Link ideas



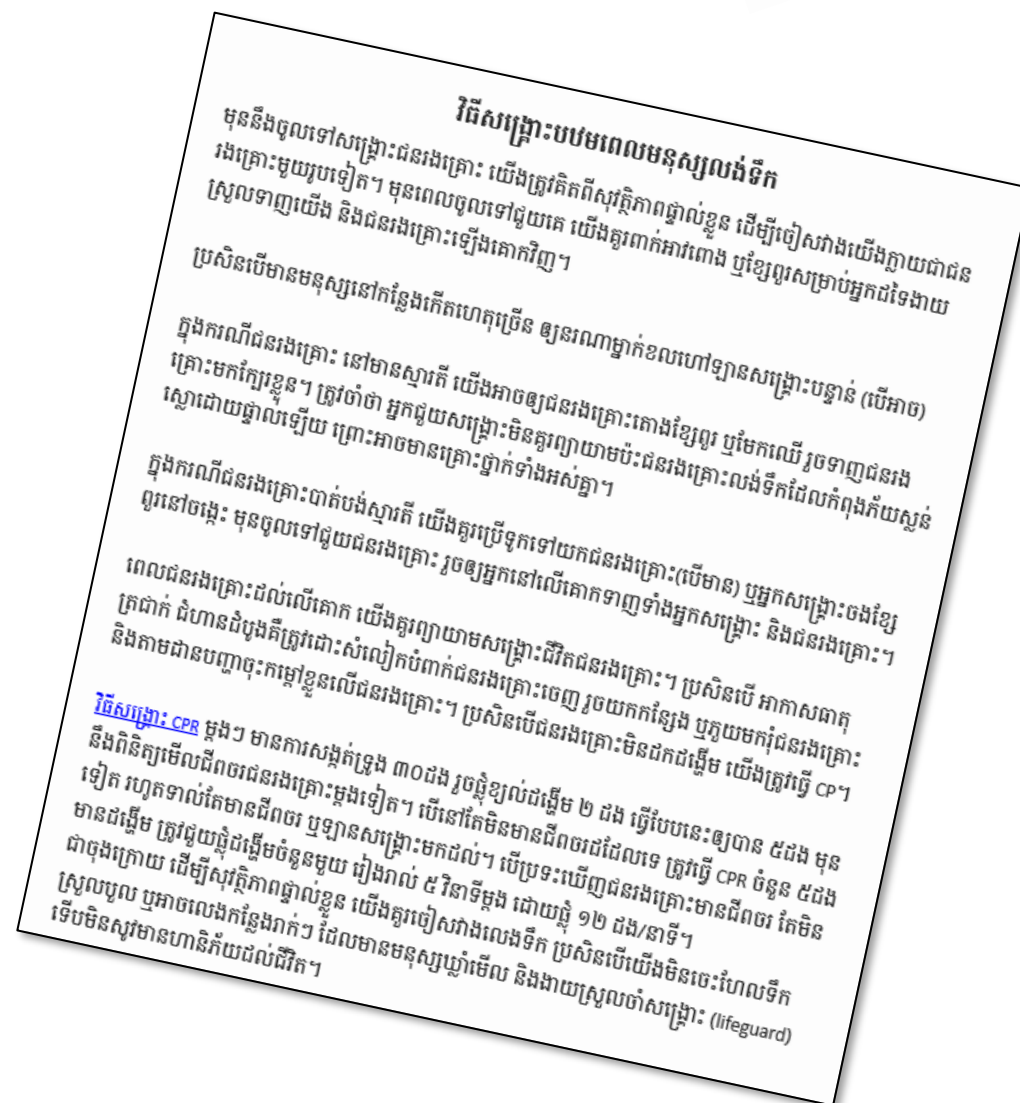
30 MIN



First aid when people drown



- ✓ Read the document
- ✓ Take note, following the **EVALUTION GRID**




Color rules

Unclear words

Questions

Main points

Organize notes with
bullets



Use **numbers** for main
points



First aid when people drown

1. Before going to rescue the victim

- Wear life jacket
- Rope

2. Call an ambulance:

- People on the ground have to call an ambulance.

3. Do not touch the victim directly.

- Throw a rope to the victim: To protect yourself

4. Use a boat in case the victim unconsciousness:

- The rescuer tied a rope around his waist.
- People on boat pull the rope

5. How to Increase temperature for victims?

- 1- Take off victim's clothes
- 2- Then wrap the victim in a towel or blanket.

Combine what goes together

Use **numbers** for steps

6. What is CPR recovery method?

- 1- Hold chest 30 times and breathe twice.
- 2- Blow breathe in the victim's mouth twice
- 3- Check victim's pulse again.

Do five times

- If it is still not working => do CPR 5 times more and wait for ambulance.
Blow breathe every 5 seconds until ambulance arrive

For personal safety:

- Don't swim if you don't know how to swim
- Play in shallow places

Vocabularies

- life jacket
- unconsciousness
- victim's clothes
- Ambulance
- CPR
- Shallow

Separate unclear words to
look for definition later