

Learning

To Learn

Handwritten Notes



Students who used longhand remembered more and had a deeper understanding of the material.¹

¹ May, Cindi "A Learning Secret: Don't Take Notes with a Laptop" *Scientific American*

Multiple studies have demonstrated this.²

² Muller, Pam A., Oppenheimer, Daniel M. "The Pen Is Mightier Than the Keyboard" *Psychological Science*



One group of studies included
hundreds of students from
Princeton and UCLA.

Students were given a lecture where some students typed notes, and other students wrote notes.

The students were later tested to evaluate retention.

Some studies did immediate tests.

In other studies testing was delayed a week and students were allowed to study their notes.

In every scenario the group that hand wrote notes retained more information.

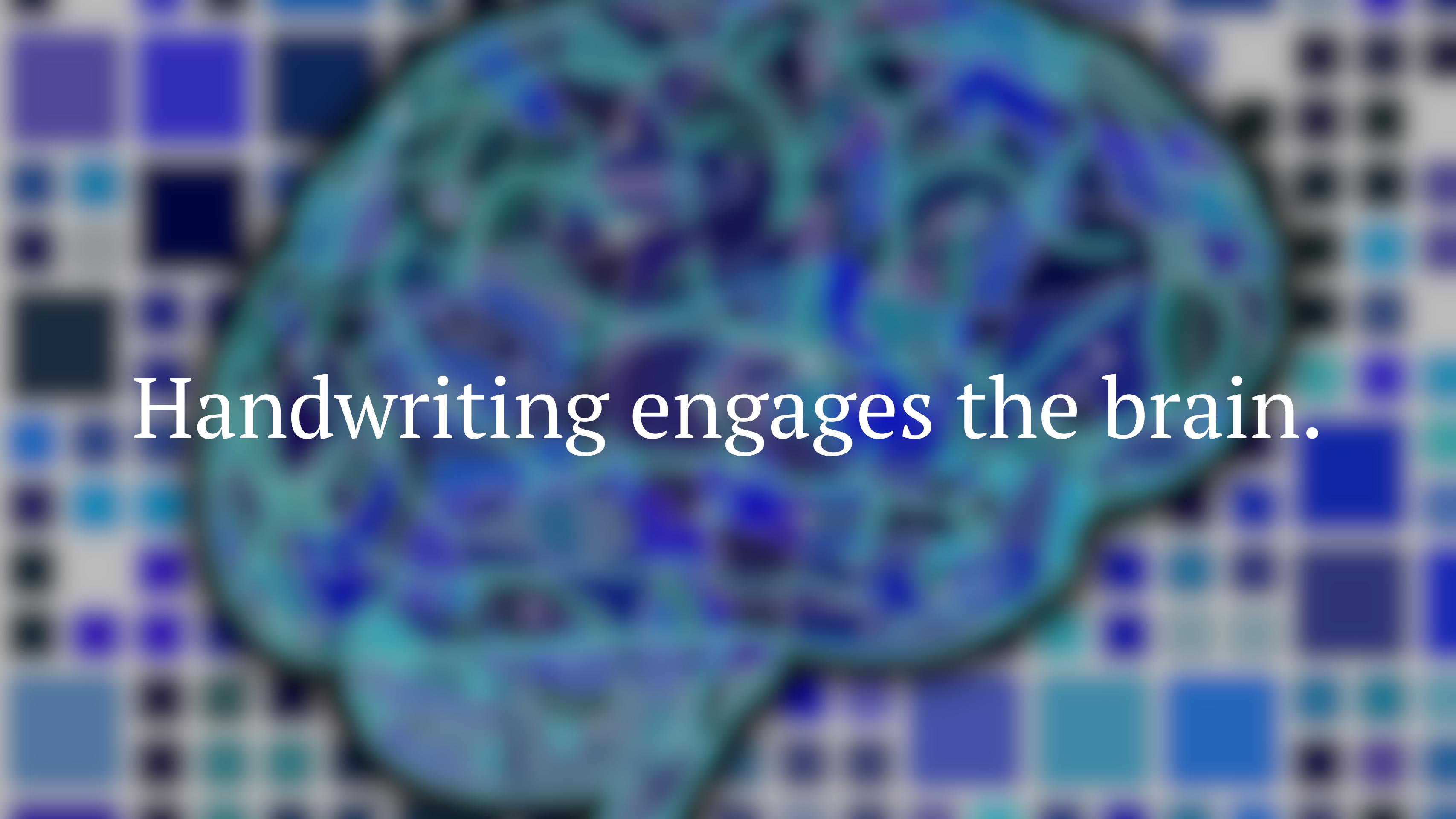
WHY?

Taking notes by hand requires different types of cognitive processing than taking notes on a laptop.

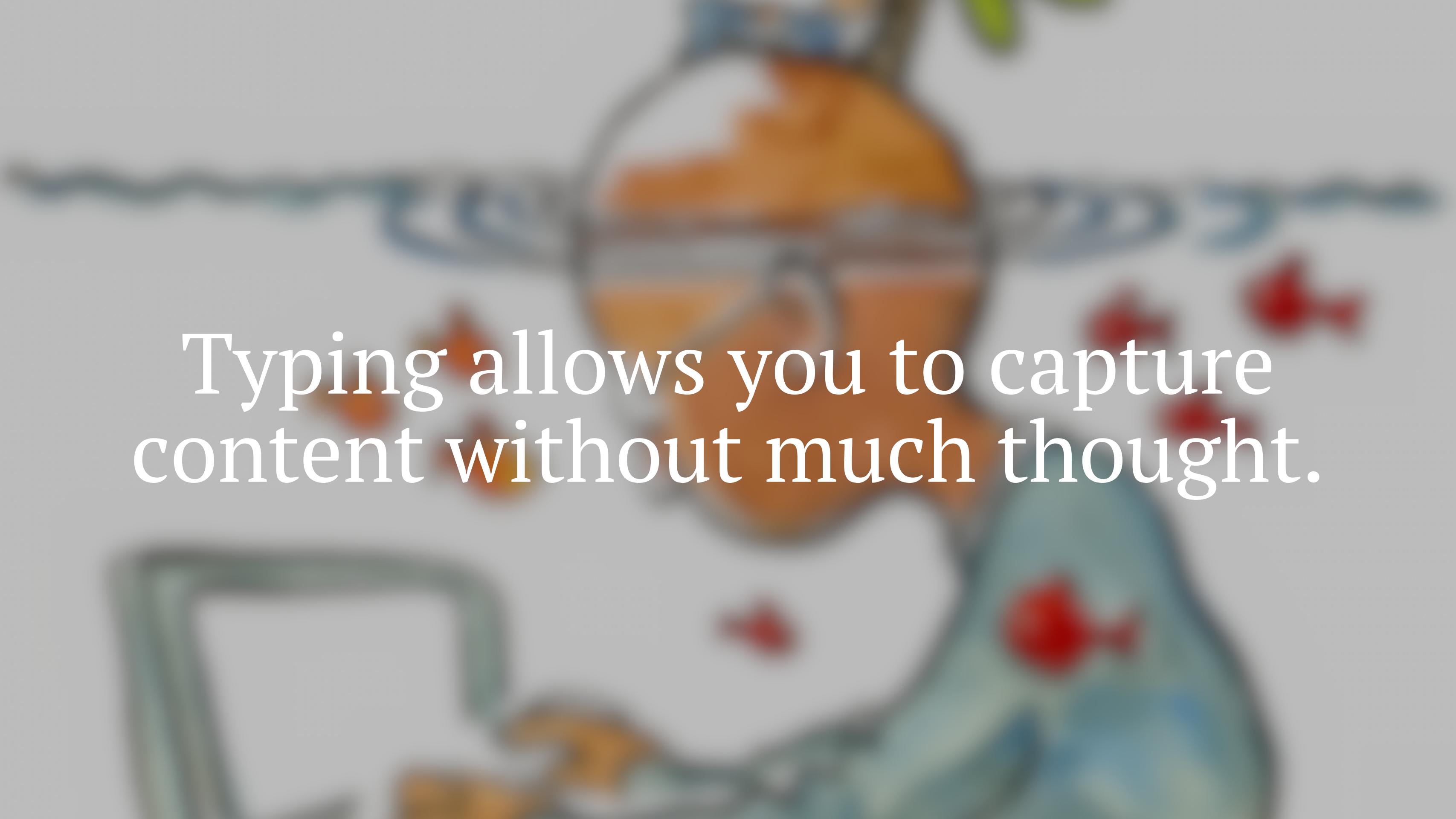
Those different processes have consequences for learning.



Writing by hand
Is slower.
More cumbersome.
But requires you to listen,
digest and summarize
content.

A blurred background image of a person's hand holding a pen over a blank sheet of white paper with blue horizontal lines. The hand is positioned as if ready to write.

Handwriting engages the brain.

A blurred background image of a person's hand holding a smartphone. The phone's screen displays a colorful, abstract pattern of orange, red, blue, and green. The hand is visible on the left side, gripping the device.

Typing allows you to capture
content without much thought.

