

T-Notes: Learning for Problem Solving And Procedural Knowledge

T-Notes may be useful for in-class note-taking, when reviewing notes after class, or when you are preparing and studying for an exam. This method is intended to help students elevate their learning, so that they can understand, analyze and apply course content. In this exercise, be sure to focus on “why” and “how” of each topic or equation.

The name “T-Notes” comes from the act of dividing notebook paper into three sections by drawing the letter “T” as shown below:

Major Topic/Equation	
SOLVE 1. Complete a practice problem or example .	EXPLAIN 2. Explain the example in your own words (written or out loud), step-by-step . 3. Consider: “If..., then...” (If something changes then what would you need to know or do differently?). Make sure you can use your understanding correctly when you are presented with a new problem or example.

A benefit of the T-Note method is that once it has been completed, reviewing can be done by simply covering any part of the T to self-test. By covering up the right side of the T you can practice verbalizing the steps and your understanding of the given example. Then, check your accuracy with the explanation you have already written on the right side.

Adapted from:
Sellers, D., Dochen, C. W., & Hodges, R. (2014). *Academic Transformations: The road to college success* (3rd ed.). Prentice Hall.