

# Episode 5: Notes Are Not Learning

Memory · Generative learning · elaboration

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*By the end, you will stop mistaking neat notes for learning, and you will know how to take notes that actually build understanding.*

## THE MOVE • Make Your Notes Fight Back

Turn passive note-taking into generative note-taking. Do at least one of these with every important idea.

- 1 Say it in your own words, not the source's.
- 2 Connect it to something you already know or have seen.
- 3 Write a question your notes cannot yet answer.
- 4 Explain it out loud as if teaching someone.
- 5 Later, recall it from a blank page, then check against your notes.

## USE AI AS A THINKING PARTNER • copy this prompt

```
Here are my notes on [TOPIC]:  
[PASTE YOUR NOTES].
```

```
Don't summarize them for me. Instead, ask me five questions, one at a  
time, that test whether I actually understand this. Point out any place  
where my notes are just copied phrases rather than my own understanding.
```

## YOUR CHECKLIST THIS WEEK

- Rewrite one section of your notes in your own words.
- Add one connection to something you already know.
- Write one open question your notes cannot answer yet.
- Explain the main idea aloud, as if teaching it.
- Do a blank-page recall, then check what you missed.

## ONE SMALL BEHAVIOUR

After your next class or video, close the notes and rewrite the main idea from memory, in your own words. Then check what you left out.