

Reflective Report

Note-taking skills:

Note-taking skills are very important in today's day and age even if the technology has improved very much throughout the years and can help us with information but still taking notes on your own is very good idea because it will help you focus on the subject you are writing about and your understanding of the main idea of the subject. Good note taking skills also improve your active listening skills, understanding of different things and your focus on the things you are learning about. In this reflective report I will explain how my note-taking skill has improved since joining the course and how my skill has improved since the start of it and will reflect on a lot of different that happened before it and after.

Before starting the course my note-taking skills were quite good, but I had other problems prior to learning these new things. I had quite a short attention span which did not help at all and made my learning quite hard at the start because I could not focus at all which also made understanding things very hard which meant I had to study more and try to force myself to focus more which was quite exhausting at the start but with more work put in I started improving both my short attention span and my ability to understand which was good.

I started to try and include more strategies and techniques both in my while studying and in my daily life to try to improve my note-taking skills and while doing that improve other things around with it. I started researching different note-taking methods like Cornell Method, mind mapping and outlining. Started using different digital or analog tools like papers, notebooks and different note-taking apps. Spoke to friends and family to see how I can improve my note-taking skills and read, listened and watched different online resources to see different ways and perspectives of different people of how I can improve my note-taking skill. And I used all these methods with the idea of trying to improve my note-taking skill and see if it will help me with other problems like my short attention span and simple understanding of things that I learn about and I can say that all these methods have helped me in some way or another for me to understand better how to note-take and how to understand the subject that I am writing about a bit better than I did before, so I would encourage anybody who is struggling with things like note-taking, focusing on subjects and understanding certain subjects to try and take more notes because that way It will not only improve the note-taking skill of a person but also help with things like focusing and understanding and many more probably which I didn't have problem before that.

Overall, most of these strategies and techniques I used to improve my note-taking skills worked in some way or another and helped me to improve not only it but also my other skills

like focusing and understanding subjects I found difficult before I started to improve them. Also, my notes with time were easier to read and I found it easier to manage them because I sometimes write a lot and I feel like this is the best way for me. Some people like to write less in their notes but for me the more information I put in them the better I understand the subject I am taking notes about, and that way I will have more information to learn and understand better.

Like I said some people like more text in their notes, some like less or other people like something in the middle but for me I need all the text I can put in the notes, so as much as possible so I can look at them and learn through the notes.

In general note-taking skill is very important to have and to use in specific moments where you need to save a lot of information at once and later be able to revise and understand better later.