

POST-LECTURE LISTENING: WHAT TO DO

Academic Listening – Participating in a Lecture

Our memory is a reliable source not only to store and retain information but it also affects our capability to learn and adapt to different academic and non-academic situations. Research shows that you can forget up to 80% of what you learned in the first 24 hours after a lecture if you do not review. Reviewing periodically keeps information fresh in your long-term memory and helps you integrate new information with old¹. This document provides tips you can use to make the most of your lectures and be prepared not only for after the class discussions but when you have your exams two or three months later.

AFTER THE LECTURE

Coming back to your lecture notes soon after class is a brilliant idea, when you read through your notes you can solidify your knowledge. There are different techniques to be more efficient when reviewing notes. First, you should edit your notes to have a better understanding and to ensure the notes you took are going to be useful for your future study sessions. In addition, you can type them if your handwriting is not clear enough and you feel more comfortable to have them in a cloud storage service, just in case your bag gets stolen or you lose the page you used.

Using this check list, you can edit your notes easily:

Edit for legibility

- 👍 Are your notes readable?
- 👍 Are the abbreviations clear?

Edit for logic

- 👍 Are there missing phrases?
- 👍 Do your notes need connecting sentences?
- 👍 Fill in the gaps, add any further ideas you may recall, and expand any points you feel are too faulty.
- 👍 Correct any mistakes.

Edit for sequence of ideas

- 👍 Is there a better order?
- 👍 Impose a better hierarchy if needed.

Review notes

- 👍 Keep notes and lecture hand-outs together.

- 👉 When you study, review your notes in an active way. Use a highlighter pen or sticky notes to help your eyes recognize essential information faster.
- 👉 Add questions to highlight areas you do not understand or need further information on.
- 👉 You can summarise the main points onto notecards or a summary sheet. This will ensure that you understand the material and help you to remember it. In addition, you can use the Cornell Method to recapitulate concepts. See more of this method our repository
<http://repository.urosario.edu.co/handle/10336/13307>
- 👉 Cross-reference your lecture notes with text books and tutorial notes.

Follow up on anything you're not clear about

- 👉 Make a note to look it up as soon as possible.
- 👉 Ask your lecturer.
- 👉 Check with one of your classmates.
- 👉 Tutorials are great opportunities to clarify concepts, ideas. Make sure you know when your teacher is available.

Ask yourself questions about the presentation:

- 👉 What were the main points?
- 👉 How do they relate to each other?
- 👉 How was the argument or material developed?
- 👉 What questions were raised by the presenter?

STUDY GROUPS

Post lecture, keep the conversation going! It is fun to discuss the ideas in class and your own unique opinions because everybody will have a different approach.

Getting to be a part of a study group is great because it means you can catch up on any lecture notes you might have missed or find out new ideas which you might not have thought of before.

It is a wonderful thing to be in a university because the learning environment is full of people just like you who want to do well, succeed and who are interested in the same things. Organise, arrange and be a part of as much as possible that will help strengthen your knowledge and understanding of a wide variety of topics.

A FEW DAYS AFTER THE LECTURE:

spend 10-20 minutes reviewing your notes again



- 👉 Test yourself on some of the key points.
- 👉 Look for parts that may relate to exams or assignments.
- 👉 Link your notes to the new topic coming up.

Begin preparing for your next lecture.

- 👉 Check the topic
- 👉 See how the new topic links with previous topics and your previous learning.
- 👉 Do some background reading.
- 👉 Make a list of new words and their meanings.

WITHIN ONE MONTH AFTER THE LECTURE:

To aid memory retention, spend 10-20 minutes reviewing your notes again.

- Reviewing your notes at regular intervals will help you to retain the information.
With no reviews, you will have forgotten the information within a month!
- Use key words and questions to guide your revision.



ⁱ <https://www.cmu.edu/academic-integrity/images/taking-lecture-notes08.pdf>

<https://aso-resources.une.edu.au/learning-strategies/lecture-preparation/>