

The Blank Sheet of Paper Method

1. Consider a blank piece of paper as a tool to organize, highlight, and reimagine your thoughts.

2. A piece of paper is customizable to your learning needs. Try columns, boxes, charts, drawings, categories, sections, mind maps, chaotic scribbles, etc. Whatever works for you is the best method for you.

- [Studies](#) have shown writing notes by hand is the best method of retrieving memories.

3. Keep a record of your notes. Start each piece of paper with the date and course title. Store your notes in a folder or binder, organized by date and course.

- Consider corresponding your pen colors to your classes, so each class's notes are easy to locate.

4. If you like maintaining a sense of completion, continue working on a single sheet of paper until it's filled with notes, even if it's over a multi-day span. Simply mark the date for each day you wrote notes on that sheet.

