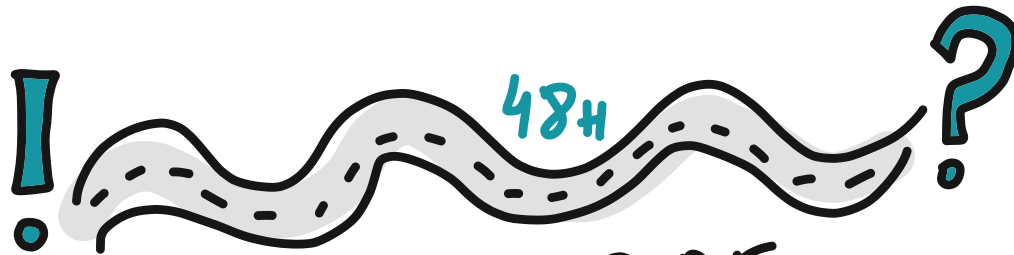


# • JIM KWIK PODCAST NR 013 • SUMMARY BY KATI ORAV

## + How to take NOTES for rapid recall



FORGETTING CURVE

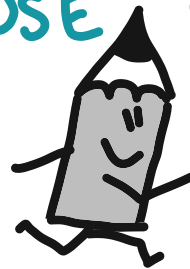
We lose 80% of the information in just 48 hours!

EFFECTIVE  
note-taking  
CAN HELP TO  
MITIGATE THIS  
LOSS



1. Be  
ACTIVE

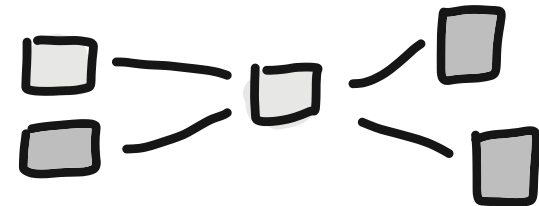
2. Know your  
PURPOSE



HANDWRITE and  
REVIEW



3. Have a  
HIERARCHY



HAVE  
a  
METHOD

4. Be ORGANIZED



5. Use your OWN WORDS

6. Develop  
a SYSTEM



7. FILTER

