

Taking notes by hand better for retention

By James Doubek, NPR

As laptops become smaller and more ubiquitous, and with the advent of tablets, the idea of taking notes by hand just seems old-fashioned to many students today. Typing your notes is faster – which comes in handy when there’s a lot of information to take down. But it turns out there are still advantages to doing things the old-fashioned way.

In the study published in *Psychological Science*, Pam A. Mueller of Princeton University and Daniel M. Oppenheimer of UCLA sought to test how note taking by hand or by computer affects learning.

“When people type their notes they have this tendency to try to take verbatim notes and write down as much of the lecture as they can,” Mueller tells NPR’s Rachel Martin. “The students who were taking longhand notes in our studies were forced to be more selective – because you can’t write as fast as you can type. And that extra processing of the material that they were doing benefited them.”

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