



SHARED DISCOVERY
CURRICULUM

STRONG START STUDY STRATEGIES

Protein Trafficking and Secretion

Instructions: After reviewing the Protein Trafficking and Secretion video, experiment with the high-utility strategies below to promote retention of important topics.

Create Effective Study Notes

Turn Learning Objectives into Questions to Answer



When approaching a video, chapter in a text book, course session, or other learning activity, first identify the learning objective(s). Consider the verb used in the learning objective as a clue to help you create more effective study notes. For example, learning objectives may start with the following verbs: Describe, Define, Illustrate, Analyze, Compare, Create, Organize, or Estimate. Then, create notes that help you respond accordingly to these verbs in a question and answer format.

Let's Try it!

Check out this example from the Protein Trafficking and Secretion video:

1. Identify the Learning Objective: Define and give illustrative examples of regulated protein secretion versus constitutive protein secretion.
2. Create notes considering the key verbs in the learning objective statement.
 - a. How would you define regulated protein secretion? Constitutive protein secretion?
 - b. What are examples of regulated protein secretion? Constitutive protein secretion?
 - c. How would you illustrate and explain regulated protein secretion? Constitutive protein secretion?
 - d. How are regulated protein secretion and constitutive protein secretion similar or different?



Note-Making Tips

- Create a flashcard (ANKI or note paper) for learning objectives that include “define” or “describe.”
- Use a piece of paper or iPad to draw diagrams or illustrate concepts.
- Create a table to help you compare and contrast information.

Types of Notes for Medical Education

