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 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

To learn more, visit Six Powerful Learning Strategies: Elaboration Developed by Eron Drake, The Office of Academic Achievement, MSU, June 2024.