

Non-Linear notes

Essentially, non-linear notes are any other method of notetaking that is **not in chronological order**.

The aim of non-linear notes is to **group** subjects, ideas and key topics in order of relevance or association.

The most common method of achieving this is through **mind maps**.

Non-linear notes help to break down information **into manageable chunks and link** them to other concepts.

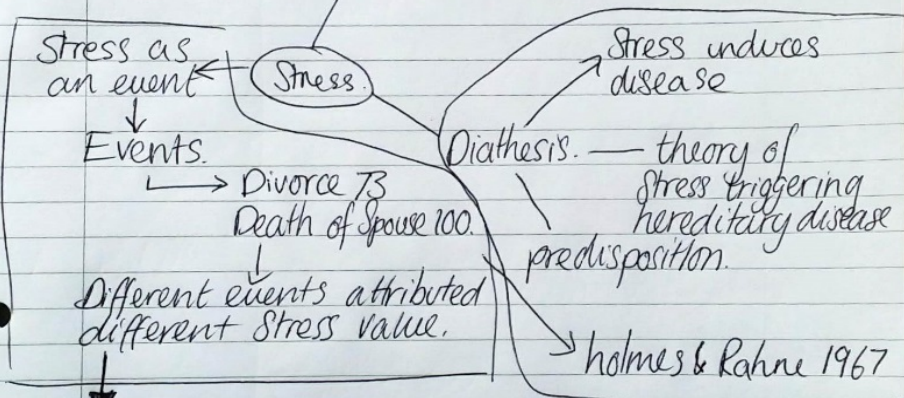
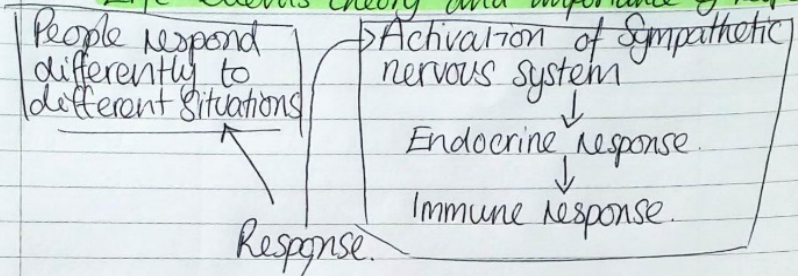


It is good practice to include the **date, module name / number and lecture title**, as well as a brief introduction at the top of the page and a summary at the bottom.

On the next page is a simple handwritten mind map illustrating how one could be used as lecture notes:

Example of Non-Linear notes

Date 10/10/15 Module: Stress and distress Lecture: 3
introduction: Stress impacts our health. Diathesis,
Life events theory and importance of response



- ⊖ Does not account for desirability eg buying a house better but still feel stressed.
 - ⊖ Age bias - different things happen different times of life
 - ⊖ Potential to not experience any listed event.
- The list items are enclosed in a hand-drawn box. The first item has 'See saw.' written next to it. An arrow points from the second and third items up towards the 'Diathesis' branch of the mind map above.

Summary: Diathesis Stress induced disease. Stress is difficult to measure. Must consider response also