

Flow Notes

APSU Writing Center Handout

The Flow Method is a visual and flexible approach that helps you understand how ideas connect on a deeper level. Instead of focusing on linear notetaking, this method emphasizes relationships between concepts and encourages active engagement with the material.

Why Use the Flow Method?

Help you understand interrelationships between concepts at a higher level.

Focuses on major ideas and how they connect.

Encourages active learning and critical thinking.

Great for reviewing notes and reinforcing long-term understanding.

Uses arrows, lines, and visuals to show how ideas relate.

How to Use the Flow Note-Taking Method

Write major ideas using short phrases or keywords, leaving plenty of space.

Draw connections between ideas using arrows, lines, and shapes.

Add new ideas as they come to you while reviewing or listening.

Incorporate quick sketches, diagrams, or symbols to visualize concepts.

Allow your notes to “flow” across the page rather than sticking to a strict outline.

How to Use the Flow Method of Note Taking for Studying?

Prepare your study materials - Engage actively with the material

Create a structured layout - Set a clear study goal - Flow-based note-taking example

References

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