

The Best Way To Remember Something? Take Notes By Hand

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Fast Company:

Headed into an important meeting? Grab a pen. Taking notes longhand will help you remember information better than typing them out, according to new research from a pair of psychologists from Princeton University and UCLA.

The study, published in the journal *Psychological Science*, compared how well more than 300 students retained information after taking notes on 15-minute TED Talks either by hand or with a laptop. Across three different experiments, the researchers found that taking notes with a laptop can be detrimental to learning. Both groups performed about the same when recalling facts from the lectures half an hour later, but longhand note-takers were much better at recalling concepts.

Read the whole story: [Fast Company](#)