



Three Time-Tested Methods to Pair with Digital Learning This School Year
Pairing paper with online learning helps ensure engagement and retention

McLean, Va. (July 29, 2020) – With schools nationwide announcing remote and hybrid learning will continue in the upcoming school year, parents are looking for ways to help their students maintain performance and thrive during this unprecedented shift. As learning moves online, paper remains critical to making virtual lessons tangible, digestible and retainable. The [Paper & Packaging – How Life Unfolds®](#) campaign has partnered with productivity and connectivity expert, Holland Haiis, to highlight the importance of paper-based note-taking techniques as a method for making online learning more effective.

Research [shows](#) that that paper-based tools encourage active listening when learning online. Note-taking allows students to slow down the learning process and fully grasp the important information they need.

“When it comes to a student’s learning environment, it is important to build in the time and tools to help ensure new information is properly comprehended and retained,” says Haiis. “Structured note-taking on paper is a really effective way of making sure online lessons stick, especially when tailored to a student’s specific learning style.”

Here are three time-tested methods to help students organize their approach to web-based learning:

1. [Sketchnoting](#). A comprehension and memory retention strategy that can be used to consolidate teaching after a lesson has ended. [Visual note taking](#) helps our ability to recall and contextualize information with pictures. Get started with visual note-taking strategies [here](#).
2. [Bullet journaling](#) uses symbols and creative “spreads” to make information digestible and accessible. Bullet journaling helps track progress, cross off completed tasks and help students get organized away from the distraction of phones or laptops. Learn how to bullet journal [here](#).
3. [The Cornell Note-Taking System](#) is a simple, effective note-taking method built around “cues” that help you to remember which information is important and why. Split your notebook into two columns: cues on the left, and notes on the right. Take notes in the right hand column, and then formulate questions in the left hand column that clarify the significance of the information or nudge your memory. Get smart on the Cornell note-taking system [here](#).

According to research by the Paper and Packaging Board, 70% of consumers aged 18-49 agree that seeing words on paper helps them retain information, and 72% of Gen Zers think they spend too much time on digital devices. By integrating paper-based retention methods within their coursework, students can optimize their learning experience and be ready to succeed in the upcoming school year.

Want to try taking Cornell notes on your own or even start your own bullet journal? Visit howlifeunfolds.com for even more tools and articles on how to optimize remote learning with paper.

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About the Paper and Packaging Board

The Paper and Packaging Board promotes the use of paper products and paper-based packaging by highlighting the value they bring to our daily lives. More than 40 U.S. manufacturers and importers collectively fund the national marketing campaign, Paper & Packaging – How Life Unfolds®. howlifeunfolds.com

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