

Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2026-08-28

Name

Period

Date

Lesson

Lesson focus

Submit launch evidence

Key words and questions

Prepared details and student notes

Essential question
What is today's target?

Submit the week-one evidence set and update your progress tracker. Big idea: Collecting and reflecting on evidence of your own learning is a professional skill used throughout health science careers.

My notes, examples, and questions

Key words
What vocabulary unlocks the lesson?

- anatomy
- physiology
- homeostasis
- anterior
- posterior
- proximal
- distal
- superior
- inferior

My notes, examples, and questions

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Cornell Notes - Continued

Key words and questions

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Must-know ideas
What should I understand by the end?

- An evidence packet must meet a rubric: every item dated, labeled, and complete.
- Self-assessment and reflection are required components of PLTW portfolio work.
- Identifying confusion early allows you to seek help before it compounds across units.

My notes, examples, and questions

Process notes
What happens during class?

- 0-10: Intro: evidence-packet standards and rubric review
- 10-30: Gather, date, and label all week-one artifacts
- 30-50: Rubric self-check; fix any missing elements
- 50-65: Update weekly progress tracker
- 65-75: Write two-sentence reflection
- 75-80: Submit packet; teacher confirms receipt

My notes, examples, and questions

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Steps and evidence What do I do and turn in?

- Gather your homeostasis loop, safety checklist, and directional-terms work.
- Check each piece against the evidence rubric for dating and labels.
- Update the weekly tracker, marking each task complete.
- Write a two-sentence reflection on what was clear and what was confusing.
- Submit the launch evidence packet for the weekly summative.

Evidence: Tracker entry - Complete week-one evidence packet: homeostasis diagram, SDS checklist, directional-terms labeled outline, and two-sentence reflection, all dated and rubric-checked.

My notes, examples, and questions

Checks for understanding How do I know I got it?

- You can assemble a complete, rubric-aligned evidence packet.
- You can update your tracker and reflect on your learning.

My notes, examples, and questions

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Cornell Notes - Continued

Key words and questions

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Lab or safety notes
What must I handle carefully?

Supplies:

- Safety goggles
- Nitrile gloves
- Lab apron or coat
- Eyewash station
- Printed or digital Safety Data Sheet
- Bound lab notebook
- Metric ruler or tape measure

My notes, examples, and questions

Summary

Today's lesson focused on Submit launch evidence. The main target was: Submit the week-one evidence set and update your progress tracker. The evidence of learning is Tracker entry: Complete week-one evidence packet: homeostasis diagram, SDS checklist, directional-terms labeled outline, and two-sentence reflection, all dated and rubric-checked.. In my own words, the most important idea from today is:

My summary

My final question or connection