

# Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2026-10-20

Name

Period

Date

Lesson

## Lesson focus

Submit reflex evidence

## Key words and questions

## Prepared details and student notes

**Essential question**  
**What is today's target?**

Submit the reflex-and-signaling evidence set and update your tracker. Big idea: The reflex unit closes the Human Body Systems course by connecting molecular neuroscience (synaptic transmission, myelination) to measurable human performance (reaction time) and real-world pathophysiology (drug effects).

**My notes, examples, and questions**

**Key words**  
**What vocabulary unlocks the lesson?**

- reflex
- reaction time
- stimulus
- response
- myelin
- receptor
- effector

**My notes, examples, and questions**

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## Cornell Notes - Continued

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

- Evidence packet for this unit requires: reflex-arc diagram, reaction-time data table, graph, and drug-effects CER. All must be dated and labeled.
- Reflection should identify at least two factors that slow a reflex (unmyelinated axons, synapse processing time, cognitive distraction, depressant drugs) and one that speeds it (myelination, stimulant drugs).
- Reflex physiology, drug mechanisms, and reaction-time measurement integrate Human Anatomy, Evaluate Body Systems, and Microbiology/Pharmacology emphasis areas of the WebXam 072040.

**My notes, examples, and questions**

**Process notes**  
**What happens during class?**

- 0-8: Intro: final unit rubric review and four-artifact checklist
- 8-30: Gather and date-check all four artifacts
- 30-50: Rubric self-check; fix any gaps
- 50-65: Update weekly tracker and full-course tracker if applicable
- 65-75: Write two-sentence reflection: factors that slow or speed a reflex
- 75-80: Submit final packet

**My notes, examples, and questions**

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#### Steps and evidence What do I do and turn in?

- Gather your reflex-arc diagram, reaction-time data, and signaling CER.
- Check each against the evidence rubric for units and labels.
- Update the weekly tracker with completed tasks.
- Write a two-sentence reflection on what slows or speeds a reflex.
- Submit the reflex evidence packet for the weekly summative.

Evidence: Tracker entry - Complete reflex evidence packet: reflex-arc diagram, reaction-time data table, bar graph, drug-effects CER, and two-sentence reflection on factors that alter reflex speed.

#### My notes, examples, and questions

#### Checks for understanding How do I know I got it?

- You can assemble a complete reflex evidence packet.
- You can reflect on factors that change reaction time.

#### My notes, examples, and questions

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**Lab or safety notes**  
**What must I handle carefully?**

Supplies:

- Reaction-time ruler or reaction timer app
- Reflex hammer
- Stopwatch or timing device
- Data table sheet
- Lab notebook
- Patient case clue cards

**My notes, examples, and questions**

### Summary

Today's lesson focused on Submit reflex evidence. The main target was: Submit the reflex-and-signaling evidence set and update your tracker. The evidence of learning is Tracker entry: Complete reflex evidence packet: reflex-arc diagram, reaction-time data table, bar graph, drug-effects CER, and two-sentence reflection on factors that alter reflex speed.. In my own words, the most important idea from today is:

**My summary**

### My final question or connection