

Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2026-10-22

Name

Period

Date

Lesson

Lesson focus

Endocrine glands and signaling

Key words and questions

Prepared details and student notes

Essential question
What is today's target?

Students will map the major endocrine glands and the hormones they secrete using teacher notes and the PLTW online task. Big idea: The endocrine system uses hormones traveling through blood to coordinate body functions across distant organs.

My notes, examples, and questions

Key words
What vocabulary unlocks the lesson?

- hormone
- endocrine gland
- feedback loop
- insulin
- glucagon
- homeostasis

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?

- Major endocrine glands include the pituitary, thyroid, pancreas, and adrenal glands, each secreting distinct hormones.
- A hormone only affects a target cell that carries the matching receptor.
- Medical terminology for endocrine pathophysiology links organ names to dysfunction (e.g., hypo/hyperthyroidism).

My notes, examples, and questions

Process notes
What happens during class?

- 0-10: Warm-up: name one gland and guess what it does
- 10-30: Guided notes: pituitary, thyroid, pancreas, adrenal glands and their primary hormones
- 30-45: Vocabulary pair-work: hormone, target cell, receptor in own words
- 45-60: PLTW online gland-and-hormone matching activity
- 60-72: Annotate body diagram with glands and hormones
- 72-80: Write one confusing question; share and submit diagram

My notes, examples, and questions

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Steps and evidence What do I do and turn in?

- Take guided notes on the pituitary, thyroid, pancreas, and adrenal glands.
- Define hormone, target cell, and receptor in your own words.
- Complete the assigned PLTW online gland-and-hormone matching activity.
- Annotate a body diagram with each gland and its primary hormone.
- Write one question about a gland you still find confusing.

Evidence: Vocabulary task - Annotated body diagram labeling at least four endocrine glands with their primary hormones, plus definitions of hormone, target cell, and receptor.

My notes, examples, and questions

Checks for understanding How do I know I got it?

- Body diagram labels at least four glands with correct hormones.
- PLTW online task is submitted with all matches attempted.

My notes, examples, and questions

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Lab or safety notes
What must I handle carefully?

Supplies:

- Blood-sugar feedback model cards or tokens
- Whiteboard or chart paper
- Colored markers for glucose, insulin, glucagon
- Endocrine gland body diagram
- Lab notebook
- Simple glucose-level tracking sheet

My notes, examples, and questions

Summary

Today's lesson focused on Endocrine glands and signaling. The main target was: Students will map the major endocrine glands and the hormones they secrete using teacher notes and the PLTW online task. The evidence of learning is Vocabulary task: Annotated body diagram labeling at least four endocrine glands with their primary hormones, plus definitions of hormone, target cell, and receptor.. In my own words, the most important idea from today is:

My summary

My final question or connection