

# Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2027-03-24

Name

Period

Date

Lesson

## Lesson focus

Submit tracker and evidence

## Key words and questions

## Prepared details and student notes

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

Students will submit their endocrine evidence and update the progress tracker for the unit.  
Big idea: Consistent documentation and self-assessment are professional habits that connect classroom learning to real clinical practice.

**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?**

- A complete evidence portfolio demonstrates mastery across knowledge, modeling, and analysis tasks.
- Self-reflection on learning gaps is a metacognitive skill valued in healthcare careers.
- Tracker accuracy helps teachers provide targeted support before the WebXam.

**My notes, examples, and questions**

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

- 0-10: Retrieve all week's artifacts: diagram, model notes, CER
- 10-25: Self-check each artifact against the rubric checklist
- 25-45: Upload all evidence to the Schoology submission folder
- 45-60: Update progress tracker with completion status for each item
- 60-72: Write reflection: one concept mastered, one to revisit
- 72-80: Peer confirmation: partner checks your tracker and initials

**My notes, examples, and questions**

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

- Compile your gland diagram, model notes, and CER.
- Check each artifact against the rubric criteria.
- Upload all evidence to the course submission folder.
- Update your progress tracker with completion status.
- Write one reflection on what you mastered this week.

Evidence: Tracker entry - Completed weekly progress tracker showing submission status for the gland diagram, feedback model notes, and CER, plus a written reflection naming one mastered concept and one to revisit.

#### My notes, examples, and questions

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

- All three artifacts are submitted and tracker is updated.
- Reflection names one concept learned and one to revisit.

#### 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 Submit tracker and evidence. The main target was: Students will submit their endocrine evidence and update the progress tracker for the unit. The evidence of learning is Tracker entry: Completed weekly progress tracker showing submission status for the gland diagram, feedback model notes, and CER, plus a written reflection naming one mastered concept and one to revisit.. In my own words, the most important idea from today is:

**My summary**

### My final question or connection