**SAMPLE A+ STUDENT NOTETRACKING SHEET after 3 WEEKS of Class**

**Does your own Notetracking Sheet look like this after the first 3 weeks?**

**Topic:**

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| **Date & Specific Time**    i.e.  1/9 9:30-10:30 am | Source & Specific Pages Read    i.e.  Pearce *Burning Woman* pages 3-21 | Notes from this Specific Reading  -You can simply write a summary at the end of your reading…and/or  -You can copy some "specific quotations" and page numbers….and/or  -You can paraphrase with some "quotations" and page numbers…and/or  -You can take some notes as you read |
| 1/9 11:40 - 12:10 (30 mins) | *The Tibetan Book of Living and Dying* pg. 3-10 | -”Wrong” ways to think about death: Western’s way of being afraid of death + thoughtless belief that death will work out for them (7, 8)    -Fact that life is the only one = no long term vision = plundering resources & gaining immediate benefits // no strong belief of afterlife(?) creates a short-term result-oriented society (8, 9) |
| 1/11 - Quantum Theory - Full Documentary HD  11:40 - 12:10 (30 minutes) | <https://www.youtube.com/watch?v=CBrsWPCp_rs> | -Tiny realm (atom) -> completely different laws from familiar laws that govern big objects (contradicts normal laws)  -Things don’t like to be tied to one location/follow one path  -Things are at more than one place at a time  -What I do here can make an immediate effect on somewhere else even though I’m not there!  -You won’t know where something is unless you look for them (can be anywhere!)  -We thought we knew how the world works (equations - classical mechanics => to predict things confidently)  -Light from gas that are heated in glass tube -> observed through prism you’ll see distinct lines (pencil beam lights with different colors)  -Niels Bohr (loved to discuss ideas over ping pong) -> focus is structure of atom = resembled solar system (electron orbiting nucleus = planets orbiting sun) -> electrons are only allowed orbit in a fixed path  -When atom heated -> agitated electrons will leap to different orbits -> downward leap will emit light in specific wavelengths/colors => quantum leap |
| 1/15 11:30 - 12  30 mins | *Wherever you go, there you are* - Jon Kabat Zinn Sections:  What is Mindfulness? (WIM)  Simple but Not Easy (SBNE)  Stopping (S)  This is It (TIT) | -Mindfulness has profound relevance to our present-day living (WIM p1)  -Most people are currently in a state of an extended dream/automaticity/unconsciousness => meditation helps people wake up to live with access to full spectrum of our conscious & unconscious possibilities (WIM p1)  -Mindfulness = “art of conscious learning” (WIM p2) (awareness) = paying attention in a particular way in the present moment nonjudgmentally (WIM p1)  -Appreciation for the present & cultivation of an intimate relationship with it through continual attending to it with care & discernment (WIM p1 end)  -new possibilities will open up if we don’t fall prey to our opinions  (WIM p2)  -Forces that work against mindfulness are exceedingly tenacious (SBNE p1) => thus we need to put in effort but the result is satisfying because we can come in touch with so many things that were once overlooked & lost to us  -Our actions are all too frequently driven rather undertaken in awareness, driven by those perfectly ordinary thoughts & impulses that run through the mind like a waterfall (little respite & little room to do what we want) (SBNE p1)  -Intent to understand rather than to judge - acceptance (SBNE)  -Are you able to come to a stop in your life? (S p1)  -Good way to do it: “being mode” for a moment - just watch/feel this moment without trying to change it (what is happening?) => things get simpler :)) (S p1)  -Maybe we all need to do one thing in our lives simply for its own sake (TIT p1) - it’s natural for us to expect a desirable outcome for our efforts after we undertake something  -”This is it” (meditation = “being” not “doing”) - yet people, through meditation, hopes to become a better person/relax/reduce stress (“special experience”) = may start to wonder if you’re “doing it right” (TIT p1) |
| 1/17  12:15 - 12:45  30 mins | *The Tibetan Book of Living and Dying* pg.10-11  How to Listen to Film Music: Ryuichi Sakamoto // Ryuichi Sakamoto CODA Documentary (didn’t watch just looked through) | -Our society is obsessed with youth, sex, and power, and we shun old age and decay (9)  -We need a fundamental change in our attitude towards death & dying (10)  -Hospice movement: one of the UK’s great success stories => provide ‘palliative care’ (care for people whose illness is no longer curable) that enables them to achieve the best possible quality of life (10) -> “people who are dying need love and care… they need to discover a real meaning to death, and to life.”  -How sad it is that most of us only begin to appreciate our life when we are on the point of dying (10)  -We can begin, here and now, to find meaning to our lives. (11)  -Buddhist: life & death are seen as one whole, where death is the beginning of another chapter of life. Death is a mirror in which the entire meaning of life is reflected. (11).  -Whole of life & death presented together as a series of constantly changing transitional realities (bardos) = intermediate state between death & rebirth |
| 1/21  11:25 - 12:45  80 mins | Art in Space: <https://daily.jstor.org/art-in-space/>  <https://www.bookbub.com/blog/2018/11/20/best-sci-fi-books-and-novels>  <https://www.businessinsider.com/books-elon-musk-thinks-everyone-should-read-2018-4#the-moon-is-a-harsh-mistress-by-robert-heinlein-9>  Starting project by using WIX to create a website   * Choosing templates * Deciding what information to put on website & what to present on ppt | -fact that Elon Musk chose Yusaku Maezawa (art collector + billionaire) is significant because it highlights the importance of art & connection with space travel  -art has a long presence in space travel   * 1965: Alexei Leonov sketched orbital sunrise in colored pencil on Soviet spacecraft Voskhod 3KD * 1971: Apollo 15 crew placed Paul Van Hoeydonck’s “Fallen Astronaut” on the lunar surface as a memorial to those who died advancing space exploration * 1993: Arthur Wood’s “Cosmic Dancer” twirled aboard the Russian Mir space station   -”As human civilization is extended beyond the planet, its culture will be altered by the environment. Since art & society are interdependent, art will play an important role in sensitizing human society to new environments in outer space.” |
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