Format your paper like this:

Throughout the reading, put simple notes on the right side of the page.

After reading, distill the notes you’ve taken into a few, brief 1-3 word “key concepts.” Write each key concept in the margin to the left of the section.

Arrange the sheets of notes one on top of the other so that only the left margins with the key concepts show. Summarize the reading—out loud—looking only at the key concepts that you wrote in the left margins.

Spread the sheets out and check what you just said against the lecture notes you took. Highlight any concepts you didn’t know and give them extra attention. Use the bottom margin on each page to briefly state the relationship between that page’s key concepts.