

EXAMPLE AND NON-EXAMPLE OF NOTECARDS

NON-EXAMPLE: This is what you should NOT do

Molyneaux, George. "Gambling and casinos." *International Debate Education Association (IDEA)*. IDEA Inc., 26 Aug 2010. Web. 20 Apr 2012.

Topic: The Pros and cons of casinos

- Gambling has as many pros and cons.
- It can be beneficial to the government because it brings in money.

Topic: The Repercussions of banning casinos

- Loss of circulation in some areas
- Decrease in gambling addiction and gambling related problems

EXAMPLE: This is what your note cards SHOULD look like:

"Eating Disorders." Healthy Women. National Women's Health Resource Center, 26 Jan 2010. Web. 23 Apr 2012.

1. Topic: Anorexia and Bulimia

- Individuals that suffer from anorexia eat tiny amounts of food and exercise excessively in order to lose weight.
- Often times they will look in the mirror and see an obese person when they really are dangerously thin.
- Unhealthy habits such as purging, or forcing yourself to throw up the entire contents of your stomach are common in people with both anorexia and bulimia.
- People who suffer from these disorders often stick to strict schedules, in order to accommodate their extreme exercise routines.
- They will exercise for hours on end in order to achieve the skinny body that is considered "ideal." Burning excessive amounts of calories is routine.
- Disorders are frequent in models because agencies will tell them to lose weight in order to book the job. Keeping the desired "look" is crucial in order to not be replaced by a skinnier model applying for the same job or booking.