Digital or Paper Notes: Which is "better" and why?

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Note taking is one of the most important aspects of learning. However, this process has changed a lot over the period due to the advancements in technology. It can be noticed that the traditional method of taking notes on paper has changed into taking notes with the use of laptops and digital devices in classrooms such as tablets and digital notebook devices. Keeping in the notice the two ways of notes taking, there are different aspects to consider for each way based on the different dimensions, but when it comes to answering the question of which way is better for taking notes. Whereas, based on the experience and existing literature, taking notes on paper is my personal preference.

Digital note taking is easy, but when it comes to long term effectiveness of the note-taking process and the retrieval of the noted data, then the paper note taking way is the best one. According to the research by Mueller and Oppenheimer, (2018) the handwriting note taking on paper is more effective, because while taking notes on paper, our brain uses the sensory-motor functions and that leads to the long term retention of the data. Moreover, by the digital note-taking way, it is more likely to mere record the verbatim and the information, which is not much effective. Furthermore, while taking notes on paper, the use of conceptual mapping, paraphrasing and summarizing are the additional skills that can be learned. On the other, these skills cannot be learned on the larger scale by the use of digital note taking (Mueller & Oppenheimer, 2018).

By these findings, it can be inferred that while taking notes on paper, our brains tend to think and process the information (Mueller & Oppenheimer, 2018). The use of digital note taking provides the way to copy the information or note it down. These are the indicators, that supports the idea of paper notes taking being more beneficial than that of the digital note-taking.

**References**

Mueller, P. A., & Oppenheimer, D. M. (2018). " The pen is mightier than the keyboard: Advantages of longhand over laptop note taking": Corrigendum.