# Transcript: Sonocent Preparation - Christopher Piller

Hey everyone. My name's Christopher Piller and I am a PASS Facilitator for Western Sydney University. I'm also a full time student in my second year doing a Bachelor of Psychology. And so I'm here today to hopefully run you guys through one way I use Sonocent and other Assistive Technology to help improve my note taking abilities, especially during lectures. And so today I'm just going to quickly run through how I set up Sonocent prior to a lecture so I'm in the mindset to take some good and effective notes that are relevant to the topics that we are covering for that lecture.

So the first thing we're going to do is I always start by checking my Learning Guide because that's kind of the core spot to find all the information about your unit that you're running and that you're doing. So first thing we need to do is hop on to vUWS, then click on the Unit that we're doing and open up the home page. So we click on the home page button and that'll take us to the home page. Then we want to scroll all the way down until you find the Learning Guide section. So it should be a section titled Learning Guide and we want to download that PDF. So opening up the PDF for this one, you should get something like this where just as learning guide the Unit that you're in and the School that you're doing it from. You want to scroll all the way down to the bottom and you should see a lovely table. And in this table you should be able to see the different weeks that you have and the lecture content for those weeks, as well as the readings and what you're going to be covering in the tutorials. So as you can see for this example, we are going to run through lecture too. So week two and that's on Positive Psychology. So I would quickly to the side, write down Positive Psychology as the kind of broad theme for this lecture today.

And so now to get a little bit more information, we're going to see if we can find some additional resources in vUWS to help us while we take notes on Sonocent. So a key one to look at is to see if the lecture slides are actually uploaded before the lecture. So to find that we go into the Learning Zone in the sidebar and you want to look for something titled either Lectures or Lectures and Tutorials. So we're going to click on that. And find which week we're in. So for our example, Week Two Positive Psychology. Then once we're in there, we want to scroll down until we can find either a Module Learning Outcomes. So what's gonna be covered in the Module or lecture slides, which is more important for Sonocent. So here we can see this handout with two slides to a page or three. I prefer two slides to a page, so I'm going to open that PDF which looks something like this. So here's the PDF, and as you can see, it's got our learning outline for today, which matches what we've seen previously in the blue box.

Alright, so now that we have this PDF,we're going to open up the Sonocent system. So opening up Sonocent. Because now that we have the slides, the learning outcomes and we've looked the learning guide we have in our head kind of what the core themes are for this lecture. So to get ready using Sonocent we're going to import the slides first and foremost. So we click the Import Slides option. And then we're going to import the Week Two Positive Psychology slides. Right, so they've been imported on the left here. Now we're going to just make this a little bit bigger so we just drag this bar across so that that way we can see the learning outlines nice and clear for this next part. So what I find really helpful is being able to colour code using the audio colours. However, I find that sometimes these default ones aren't helping direct my note taking. So what we're going to do is we can actually edit the colour key and I like to edit it so that the colour key matches our different learning outcomes for today, so that while I'm note taking I can highlight what audio is relevant and what audio is kind of just explanations.

So to do this, we're going to go to the Lecture template and then we're going to edit the Lecture template. And if you click on these double click on them, sorry, you can actually move and change the typing. So we're going to start Motivation for Positive Psychology. I'm just going to abbreviate that one. And then we're going to repeat with the different colours, type up all of those into the different colours. And then I like to just add another one afterwards so you can just add a colour by clicking add. And so I've added a yellow one which is Didn't Hear or Not Sure. So that way I can highlight the stuff that I'm not sure where it goes, or I didn't quite hear properly so that I can come back, edit the audio later and try and understand that stuff a little bit more and then I can classify it using the different systems. So once you've done that, we just want to click Save. Yeah, overwrite. And then we should see over here the colours have changed now. So we've got our different learning areas today. So now we're ready.

Before the lecture. I just like to quickly run over again. Have a read of these different learning outcomes. Keep in mind the overarching theme, which is Positive Psychology from the Learning Guide. And just think about how that content might relate to the other notes that I've taken for Week One or the readings that I might have done beforehand. So it's always good to take maybe even just two to three minutes before your lecture to really solidify the past notes and how they might be applicable to the notes that I'm going to take today. Alright, thank you everyone for coming.

I hope you guys have learned something today and can now set yourself up before your lectures to take some more effective notes. And hopefully now you're not rushing during your lecture to try and get all your notes done and colour everything. So I hope you've learned something. Enjoy the rest of the session, guys. Thank you for your time.