

Helpful Abbreviations

Some helpful time-saving abbreviations that would be useful in lectures:

Symbols:

.	Therefore	!	Important point
b/c	Because	!!	Very Important Point
↑	Increase	*	May be on exam
↓	Decrease	**	Will be on Exam
=	Equal	?	May not understand
→	Is related to	??	Definitely do not understand
+	And, in addition to	X	I disagree
vs	Compares to, verses	≈	Approximately
»	As a result of	w/	With
w/b	Will be	w/i	Within
ff	Following	w/o	Without
△	Change	wh/	Which
&	And	cf	Compare
...	And so on	<	Less than
b/w	Between	>	Greater than
@	At	≠	Does not equal
s/b	Should be	°	Degree
c/b	Could be	⊖	Negative
B4	Before	⊕	Positive

Source: <http://learningcommons.sfu.ca/sites/default/files/218/multi-note.pdf>

Short Abbreviations:

Definition = def.

That is to say = ie.

Point = pt.

Mechanism = mech.

Especially = esp.

Evidence = evid.

Function = fxn

Psychology = psych

Example = eg.

Input = inp.

Reaction = rxn

Sociology = soc.

First Syllable:

Politics = pol

Capitalism = cap

Democracy = dem

Represents = rep

Liberal = lib

Contrast = con

First Syllable, Second Letter:

Subject = subj

Individual = ind

Conservative = cons

Totalitarianism = tot

Eliminate Final Letters:

Association = assoc

Achievement = ach

Biological - bio

Omit Vowels:

Background = bkgd

Enough = enf

Government = gov't

Important = imp

Behaviour = bhvr

ie - This was found on a New York subway -

"If u cn rd ths, u cn gt a gd jb."

Use an Apostrophe:

Government = gov't

Amount = am't

Use "G" to Represent "ING" Endings:

Checking = ckg

Establishing = estg

Spell Short Words Fully:

In, at, to, but, for

Leave out Unimportant Words:

Adjectives, adverbs (eg. - a, the, to)

Write out Full Term Once, Then Substitute:

Ex. - *Eye Movement Desensitization and Reprocessing* = EMDR

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