

## STUDY TIPS FOR PROFESSOR HUANG'S PHYSIOLOGY CLASS @LAVC

- Make it your golden rule to get to class 5 minutes early. If you are taking the 8am- have your coffee first! Physio is fascinating, but you need to be awake to catch all the important details in lecture! Just don't be late.
- Study for the quizzes- don't cram, they are very detailed and the little points add up. Some of these questions will be on your tests.
- Pre-read the labs- they are fairly self-contained so the answers are usually in the material that accompanies the lab. Seriously, pre-read the labs! Especially the labs where you are using a computer.
- Take advantage of her office hours, ask her to go over concepts you don't understand- she is there to help. Ask her to look over your tests and see what areas you are weak in.
- Pre-read before lecture! You don't have to read everything- just skim over major concepts. This will help reinforce during lecture and you will be prepared to ask questions beyond initial understanding. If you can, I highly recommend doing study questions before lecture. This really helps with understanding during lecture and forces you to read because you will have no idea of what is going on yet!
- This is a really important class for your "cut" grade in nursing and other science programs. It's a really important class in general if you are headed into healthcare/ the sciences. If you don't have the time to put in, take it another semester or make time- you will regret doing badly in this class if you don't. Plus it is a foundational concept class- whether you are an EMT or physician, etc. you will use what you learn in this class over and over in the field and in future classes. For example I know as an EMT that diabetics in crisis can present as drunks- now I know exactly why their breathe smells like alcohol and

they are acting goofy (confused). Take the time to really "get" it, you will be doing yourself a huge favor. If you cram- even if you get a good grade, you won't remember anything.

- Listen to Professor- she tells us to study certain things b/c those are the things she will test on. Ex- chapter study questions, etc. She will also emphasize certain concepts during lecture- highlight these and make note of them, you will see these exact concepts questions in the study questions and on the test. She is very straight forward- trust what she says on Day 1 of your class!
- Her tests are detailed and very specific. Don't think you don't have to know stuff b/c it seems so minute- that's the exact thing you will be tested on! Again- if it's on the class notes or study questions- it's on the test.
- Don't miss class- lecture or lab- just don't. If you are having a semester where you just aren't in the mood for lectures and labs, do yourself a favor, drop it and take a pottery class. If you have to take this class now and find yourself not wanting to get out of bed, just suck it up, bribe yourself with Starbucks or donuts in the morning, you will thank me.
- If you just aren't getting something, and miss Professor Huang's office hours, you can always ask the tutors in 232 as well as. There are also a lot of great websites and animation online that really break concepts down. Khanacademy.org has some great myosin/actin lectures.
- Use 232- \*\*\*she puts all the quiz and case studies in there for the week we have them.\*\*\* Don't waste this opportunity to find out what you are missing, you will see it all on the test. (You need a student id card to get in, they are super strict about this- no exceptions. If you don't have one already- just get it, it's not that big a deal and is your

passport into all the labs/tutoring centers on campus.- Plus you get discounts on museums, shows, etc.)

- You really do need the pre-reqs for this class- the math 125 and chem. If you don't have them, drop it- you'll get dropped anyway. Just take physio another time, they really do help.
- Professor Huang isn't hard, she's one of the most generous teachers you will find on campus as far as telling you exactly what she wants you to know. The teachers who don't tell you so specifically what to study are much harder! It's just a time consuming class and unless you are one of those rare people who can get an A when they are taking multiple high-intensity classes, this class is best paired with classes like...gym.
- You don't help yourself by not asking questions in class- it's your class so if you don't understand something, speak up! I guarantee you everyone is thinking exactly the same thing.
- Get a rolling backpack. Your back will thank you later and you will need it for your nursing/med school/etc. program anyway.
- LABS- sometimes your group will split up tasks- when studying for the lab quiz, make sure you go over what the other people had to do- equipment they used, what different results meant. These questions will be on quiz and if you don't study you will only know what you did.
- Make sure you have a good grasp of cellular respiration- Kreb's cycle, etc- ATP, blah blah—and the chemical formulas involved in respiration- you will see these over and over and over again in every science class you take.

## TIPS ON STUDYING

- Everyone studies differently- here's what works for me:
- Getting off the grid- no distractions- tv off, phone off, no email checking.
- I can only study in brief periods of time and then need a break. I do about 30-45 minutes of intense study and then take 5-10 minute break. It takes a lot to get me to focus so I find a timer helps.
- Exercising- will help you concentrate more.
- Eating enough- same effect.- (especially in the morning before class.)
- Get enough sleep before a test and don't drown yourself in caffeine the morning of. I do better with less study and more sleep vs. more study and less sleep.

I find that the less I sleep, the more likely I am to go blank during the test, and a cup of coffee is fine, but, too much and you won't be able to focus- your brain will be zooming.

- I have friends who use study groups, really works for them.
- I personally like to draw stuff out, watch animations, talk it out- out loud. Professor's 'Learning skill assessment' questionnaire on her website is helpful.
- To memorize things, I find the more bizarre the associations I use, the more it will stick. Ex. (and SPOILER ALERT!) Cranial Nerve 7 is Facial. I will never forget that because I use the movie Seven- how Kevin Spacey takes out her head (face) at the end -Seven- face... yep- totally gruesome and yucky, but I will always remember that Cranial Nerve now!
- Make use of the CD that comes with the book, it's really good about explaining difficult concepts in a fun way. The section on the Immune system is excellent in breaking it down in a simple way- you will have this in lab, but going over it at home will really help you!

- Here's a site for daily MCAT questions- why not start prepping now?!  
<http://www.mcatquestionaday.com/>