Physiology 1 Study Tips

Factors That Contribute to Your Success in Physiology 1

• Motivation
  o Why are you here?
  o “The will to succeed is important, but what is more important is the will to prepare.”
    Basketball Coach Bobby Knight

• Priority
  o The average study time after school:
    22 hours for an A (6 hours per day)
    16 hours for a B (4 hours per day)
    14 hours for a C (3.5 hours per day)
    10 hours for a D (2.5 hours per day)
    0 hours for an F (0 hours per day)
  o How much effort and time are you willing to invest in this class?
  o Is this class on the top of your priority list?
  o If you don't have time to do it right, when will you have time to do it over? -John Wooden

• Time Management
  o Be efficient
    ▪ Make the best out of the class time
    ▪ Review frequently to enforce memory
    ▪ No cramming
  o Study methods
    ▪ Know your learning style
    ▪ Improve your study skills
    ▪ Polish your test taking skills

How Do You Study Physiology 1?

• What does “learn” mean?
• Learn = Make neurological connections and be able to
  o Retain and Recite
  o Explain
  o Apply

How to Retain Information?

• Before class
  o Plan your day the night before
  o Print out notes and keep them in a ring binder
  o Have extra note paper
  o Have at least two different color pens
  o Read the chapter the night before
• During class, participate actively by
  o Being an active listener
  o Highlighting or underlining the important points
  o Asking questions
  o Answering questions
  o Taking notes
  o If you study to remember you will forget. If you study to understand, you will remember.
• After class
  o Daily review
  o Complete chapter test study questions
  o Write your own notes
  o Make flash cards
  o Make table and flow charts to organize the concepts
• Prepare for Test
  o Go over notes and chapter exam study questions
  o Go over quizzes at Biology Tutoring and Resource Center (AHS 232)
  o Analyze your answer
    ▪ Why is this the right answer?
    ▪ Why did you miss the answer?
    ▪ Why are the rest answers wrong?
  o Check your knowledge
    ▪ Complete the Chapter Test Study Questions
    ▪ Form a study group and quiz each other
    ▪ Write your own exam questions
    ▪ Complete Mastering AP quizzes

Useful Links to Improve Learning
• Study Skill
  o https://dus.psu.edu/academicsuccess/studyskills.html
  o http://www.cse.buffalo.edu/~rapaport/howtostudy.html#intro
• Active Reading
  o https://www.dartmouth.edu/~acskills/success/reading.html
• Test Taking
  o http://www.k-state.edu/counseling/topics/stress/strestst.html

Investments
• Text Book: $ 160
• Supplies: $20
• Tuition: $200
• Study time: 16 hour/week
• Return
  o A person with a bachelor degree earns more than 1 million dollars than a person with a high school degree
Steps to Success in Physiology 1

- Preview chapter notes before class
- Learn as much as possible in class
- Complete chapter test study questions after class

To prepare for tests
1. Complete Mastering A&P pretest assignments
2. Review in-class chapter quizzes (if given)
3. And get 100% on 24 points filling or short answer (given one week before each test)