Factors That Contribute to Your Success in Physiology 1

- Motivation
  - Why are you here?
  - The will to succeed is important, but what is more important is the will to prepare." Basketball Coach Bobby Knight
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- **Priority**
  - 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)

http://tep.uoregon.edu/resources/faq/outsidehelp/study.html
Priority

- How much effort and time are you willing to invest in this class?
- Is this class on the top of your priority list?
- If you don't have time to do it right, when will you have time to do it over?

John Wooden
Factors That Contribute to Your Success in Physiology 1

- **Time Management**
  - Be efficient
    - Make the best out of the class time
    - Review frequently to enforce memory
    - No cramming

“How long have you been multitasking?”
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- Study methods
  - Know your learning style
  - Improve your study skills
  - Polish your test taking skills
What does “learn” mean?

- **Learn** = Make neurological connections and be able to
  - Retain and Recite
  - Explain
  - Apply
How to Retain Information?

- Before class
  - Plan your day the night before
  - Print out notes and keep them in a ring binder
  - Have extra note paper
  - Have at least two different color pens
  - Read the chapter the night before
How to Retain Information?

- **During class**
  - PARTICIPIPATE actively by
    - Being an active listener
    - Highlighting or underlining the important points
    - Asking questions
    - Answering questions
    - Taking notes
    - *If you study to remember you will forget. If you study to understand, you will remember.*
How to Retain Information?

- After class
  - Daily review
  - **Complete chapter exam study questions**
  - Write your own notes
  - Make flash cards
  - Make table and flow charts to organize the concepts
Prepare for Test

- Go over notes and chapter exam study questions
- Go over quizzes at Biology Tutoring and Resource Center (AHS 232)
- Analyze your answer
  - Why is this the right answer?
  - Why did you miss the answer?
  - Why are the rest answers wrong?
Prepare for Test

Check your knowledge

- Complete the Chapter Exam 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**  
  - [http://www.ucc.vt.edu/stdysk/stdyhlp.html](http://www.ucc.vt.edu/stdysk/stdyhlp.html)

- **Time management**  
  - [http://ub-counseling.buffalo.edu/studytime.shtml](http://ub-counseling.buffalo.edu/studytime.shtml)

- **How to take exam?**  
  - [http://www.k-state.edu/counseling/topics/stress/strestst.html](http://www.k-state.edu/counseling/topics/stress/strestst.html)
Investments

- Text Book: $145
- Supplies: $20
- Tuition: $200
- Study time: 6 hour/week
• A person with a bachelor degree earns more than 1 million dollars than a person with a high school degree

• Average salary in California:
  
  http://www.payscale.com/research/US/Job=Registered_Nurse_(RN)/Hourly_Rate/e638c650/Los-Angeles-CA
Welcome to Physiology 1