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/faqs/outsidehelp/study.html
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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
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- 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
  - 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?
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**
  - [https://dus.psu.edu/academicsuccess/studyskills.html](https://dus.psu.edu/academicsuccess/studyskills.html)
  - [http://www.cse.buffalo.edu/~rapaport/howtostudy.html#intro](http://www.cse.buffalo.edu/~rapaport/howtostudy.html#intro)

- **Active Reading**
  - [https://www.dartmouth.edu/~acskills/success/reading.html](https://www.dartmouth.edu/~acskills/success/reading.html)

- **Test Taking**
  - [http://www.k-state.edu/counseling/topics/stress/strestst.html](http://www.k-state.edu/counseling/topics/stress/strestst.html)
Investments

- Text Book: $230
- Supplies: $20
- Tuition: $200
- Study time: 16 hour/week
Return

- 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

1. Complete Mastering A&P pretest quizzes,
2. Review in-class Chapter Quizzes (if given)
3. And get 100% on 24 points filling or short answer (given before each test)
Welcome to Physiology 1