Physiology Study Tips

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

- 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](http://tep.uoregon.edu/resources/faqs/outsidehelp/study.html)

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

Factors That Contribute to Your Success in Physiology 1

- 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 Do You Study Physiology 1?

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

- During class
  - PARTICIPATE 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.*

- 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 this is the right answer?
  - Why did you miss the answer?
  - Why the rest answers are wrong?

Prepare for Test

Check your knowledge

- Form a study group and quiz each other
- Write your own exam questions
- Use interactive CD to understand difficult concepts
- Complete Mastering AP exercises
Useful Links To Improve Learning

- Study Skill
  - http://www.ucc.vt.edu/stdysk/stdyhlp.html
- Time management
  - http://www.dartmouth.edu/~acskills/success/time.html
- How to take exam?
  - http://www.k-state.edu/counseling/topics/stress/stresstst.html

Investments

- Text Book: $120
- Supplies: $20
- Tuition: $200
- Study time: 6 hour/week

Return

- A person with a bachelor degree earns more than 1 million dollars than a person with a high school degree
- Average salary in USA as of Jan 31, 2008: Registered Nurse in Los Angeles, CA: $60,000
  - http://www.indeed.com/salary?q1=Registered+Nurse&l1=Los+Angeles%2C+CA

Steps to Success in Physiology 1

2. Review Chapter Quizzes (if given)
3. Get 100% on 24 points filling or short answer (given before each test)

Welcome to Physiology 1