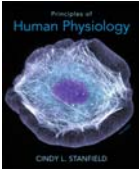




## Physiology Study Tips

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### 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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### Factors That Contribute to Your Success in Physiology 1

- 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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### Factors That Contribute to Your Success in Physiology 1

#### 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



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### 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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### Factors That Contribute to Your Success in Physiology 1

- Study methods
  - [Know your learning style](#)
  - Improve your study skills
  - Polish your test taking skills



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## How Do You Study Physiology 1?

What does “learn” mean?

- Learn = Make neurological connections and be able to
  - Retain and Recite
  - Explain
  - Apply

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## 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

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## How to Retain Information?

- During class
  - PARTICIIPATE 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.*

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## 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

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## 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?

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## 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

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## 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.testtakingtips.com/test/index.htm>
  - <http://www.k-state.edu/counseling/topics/stress/strestst.html>

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## Investments

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

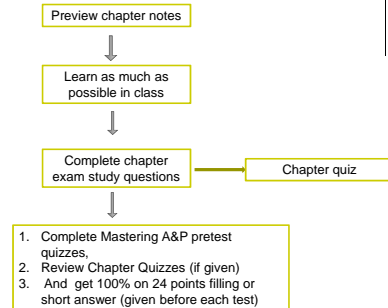
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## Return

- 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&1=Los+Angeles%2C+CA>

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## Steps to Success in Physiology 1



## Welcome to Physiology 1



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