

Study Tips - How to Study Anatomy and Physiology

For those of you taking BIOH 201 and BIOH 211, you are embarking on some challenging classes that require strong study skills. Here are some first steps toward success.

- Go the Academic Support Center in the Tech Building on a regular basis to join the tutor-led study groups.
- Have some method for recording lectures. A recording device or smart phone is strongly recommended.
- Buy a flash drive for saving images used in class. The images are on a computer at the City College Academic Support Center.
- Buy a 3 ring binder to keep your notes. This way you can combine class and book notes. Or buy two notebooks, one for class and one for book.
- Print off objectives at the Academic Support Center. Put these in your binder. These objectives are your bible!!!
- Look at a copy of Anne's study notes.
- Buy or rent the TEXTBOOK. You need to learn the information in depth, and the textbook will give you more depth.
- At least skim chapter before class lecture so lecture is more understandable.
- Practice answering the end-of-chapter quiz questions.
- **STUDY EVERY DAY!!**
- Quiz yourself EVERY DAY...

CONSIDER TRYING THE FOLLOWING...

- FORM your own study group.
- BRING your laptop or tablet to take notes and/or view slides during class. This will give you a chance to look at slides longer when instructor presents.
- BUY a supplemental book such as *Barron's Guide to A&P* or *A&P for Dummies*.
- COLOR code notes.
- USE note cards.
- Use ONLINE resources:
 - www.anatomyandphysiology.com. This has multiple choice questions. It is EXTREMELY helpful to practice multiple choice before taking multiple choice quizzes.
 - Click "Log in"
 - Pick cover with a swimmer on it
 - Login Name: ASCa_ptutor
 - Password: aandprules1
 - https://highered.mcgraw-hill.com/sites/0072507470/student_view0/course_tools.html
 - Quizlet.com – online notecards
 - YouTube videos
 - Paul Anderson from Bozeman
 - Armando Hasudungan
- USE Cornell notetaking method