

How to Do Well in Anatomy

Tips from the professors and students:

Dear PNB student,

To do well in the enhance anatomy and physiology course do the following listed below,

1. Come prepared: read the lecture beforehand and be familiar with terminology
2. Review repeatedly right after the lecture and several times before the exam
3. When you review, try to find multiple ways of learning: read all the listed chapters in the syllabus in the book, do the concept maps: find key features and try to make connections, try to talk to people because when you present you can hear if there is a gap you are missing
4. Use the office hours wisely: seek for help and participate in activity questions because they often show up on the exam!
5. Write down all the clicker questions- they often show up on the exam!
6. Go to the review sessions- try to seek any help you can get!
7. After each exam you have to go over your exam and see what you got wrong and what you can do to prevent that from happening again. (reference the learning from exam performance sheet in the AAC)

How to Study:

When you read the book

1. Focus on the topics that are covered in the lecture so that you don't waste your time reading material that will not be on the exam (for 2274)
2. Read everything in the physiology section of the book because everything is covered in the lecture (for 2274)
3. Have a FOCUS: focus on the lecture notes so that you know what is going on
4. Do the concept check questions, case study and graph questions in the book
5. Read the book again if necessary because the more you repeat the stronger you get in those areas!
 - a. When you read the book again- look over the highlighted or underlined areas. "When I read the book for the first time I highlight or underline the main topics and when I read the book again I only look over the highlighted material a few times."

Habits to avoid

1. Listening to the lectures over and over again- try your best to stay focused in lecture
2. Rely on animation from the books as your only source of knowledge
3. Rely just on practice exams- these should be used as a self-check on your studying
4. Relaying on the PowerPoints without the context given in lecture
5. Only studying the day before the exam

Studying for the Final Exam

1. Start studying about a month in advance
2. Start slow one chapter at a time
3. Use PowerPoints and old practice exams to refresh your memory
4. Use the book to relearn material that is still unclear
5. Helpful tips from a past student: "I write down the hard topics that I don't understand or do not feel comfortable about. I will then take this list to my professor and ask for clarification. I make a similar list for the day before the exam to do my last minute review on the more challenging topics.

Android and iPhone Apps to use:

- 3D brain
- Anatomy and Physiology By Study By APP, LLC
- iURO kidney
- LabGA by Dr. Mavrych
- Netter's Anatomy flash cards
- AnatomyLab
- Anatomy for artists: proportions
- Netter's Advance Head and Neck flash cards
- Clemente's Anatomy flash cards
- Moore's clinical anatomy flash cards
- Rohen's photographic anatomy flash cards