

How to Succeed in BIO 139 (While Really, Really Trying!)

1. Put in as much time in lab as possible: **don't leave early**, and don't just *look* at the material, but takes notes, make drawings, and try to *learn* it.

2. Be sure you have found and understood everything you are supposed to in lab. If you need help with something, **ask!** Don't leave lab until all your questions have been answered.

3. You are expected to learn a lot of material in this course, and this takes time, both in lab and at home. There are no miracle shortcuts.
 - a. Come to extra lab hours when the lab is open to study; you should review all of the specimens at least twice, in addition to studying at home.

 - b. You should spend at least several hours each week (preferably 1/2 to 1 hour at a time) reviewing the lab material: do not try to cram it all in before an exam.

4. While studying, your environment should be as free of distractions as possible: no TV, minimal music, no roommates or family members disturbing you. Avoid the use of controlled substances.

5. Focus on studying the models, slides and specimens in the lab rather than just diagrams and figures. Things don't always look like photos and you risk simply memorizing the photo or diagram rather than the actual info.

6. Use *active* studying/learning methods. Simply reading or highlighting and looking at models is passive and uses few brain pathways, making it more difficult to learn the material. Active study methods use more brain pathways and solidify connections, making recall easier.
 - a. Write out notes and make outlines, label blank diagrams or make drawings, make flash cards, and quiz yourself.

 - b. Explaining material to others and having others quiz you is an excellent way to learn material. It also gives you a better idea of how well you know the material (when you just reread material, it will be familiar, giving you

a false sense of having learned it). Thus, studying with a partner can be very productive, provided both of you are serious and don't socialize.

7. Review the terminology you learned in BIO 137 — you will encounter many names similar to those already encountered. As with BIO 137, learning the meanings of the latin roots will help.

8. Try to develop mnemonics to help you memorize info -- it's OK if they're silly. Share them with the class!

9. Finally, if you are doing poorly on the quizzes, that is a sure sign that you need to put in more effort and alter your study habits.