

## **Tips for Success in Human Physiology:**

### **Summary of Tips**

1. It's not like Anatomy at all. Be prepared. It's more like your Chemistry classes.
2. Study with other students / form a study group IMMEDIATELY.
3. Rewrite your notes in your own words as soon after lecture as possible.
4. Read and outline each chapter of the text, focussing on what topics were covered in class
5. Tape the lectures and listen again (and again) later. This is especially helpful for students who are "auditory" learners.
6. Use and love the study guide.
7. It's not about memorization here - it's about understanding.
8. Can you explain the concept in your own words? Could you explain it to your grandmother? Teaching is the best way to learn.
9. Labs are more like Chemistry labs - you've got to understand what happened and be prepared to analyze data on an exam.

### **Real Tips from Real Students**

1. My strategies for passing Physiology were 1) to study with a lot of people in a study group; 2) to read a whole lot, 3) watch the Penguin Prof videos over and over until I got it.
2. I reviewed class material every day. I had a study group weekly at my house.
3. I organized study sessions with several classmates. We studied together before every exam. We shared ideas about what we thought the most important concepts were and quizzed one another. I taped the lectures and then listened to the tape at home while I reviewed my notes. This helped to reinforce the vocabulary and important topics. I also listened to lectures while working out at the gym. I really got more fit while taking this class.
4. I would draw the graphs from class and the textbook. For some reason, this really helped me. She spends a lot of time with data and graphs and I was lost until I slowed down and drew them myself. It forced me to understand what each graph meant. You will need this on exams.
5. Go to Office Hours. Just go. Go now.

6. Study in groups. Study at least 1 1/2 hours each day reviewing materials covered in previous classes.
7. Concept maps helped me to keep track of all the ideas in a topic.
8. I would come home that night and rewrite my notes. I would add extra notes while reading through the text and referring back to the objectives. Every night I would re-read my notes 2 to 3 times, understanding more and more things each time I read it.
9. The strategies I used to get through Physiology were 1) taking good notes in class; 2) reviewing the notes; 3) having a study partner; 4) watching all the YouTube videos again right before the exam
10. Make sure you understand what happened in lab experiments. You'll see those data sets and graphs on exams!
11. Getting together with other students for study groups helped a lot because other students may have a way of studying that may help you also. Another reason is that discussing questions helps you to remember and understand questions and answer better. "Never" study the night before the test because there is too much info. to study in one night. Memorization won't work in this class.
12. I studied with other classmates and took 1/2 day off the day before each of the exams to get a chance to relax my mind and body before the test. I have test anxiety and Ms. P. suggested this and it REALLY helped me. Not cramming reduced my anxiety too.
13. Study group. Penguin Prof videos. Office hours. Repeat.
14. Write exam questions yourself and share with your study group.
15. Approach this like Chemistry, not Anatomy.