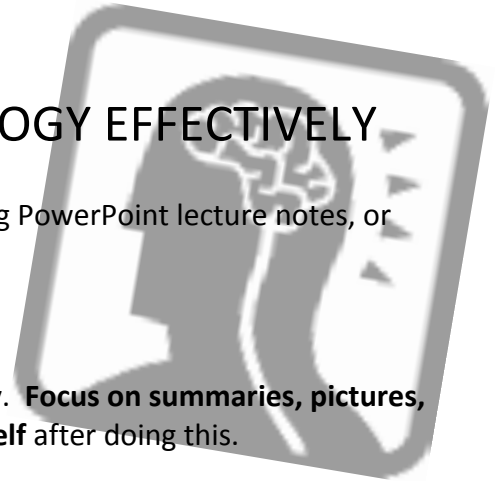# WAYS TO STUDY ANATOMY & PHYSIOLOGY EFFECTIVELY

- Figure out **before class** what the lecture will cover by checking PowerPoint lecture notes, or learning objectives from the syllabus or Angel

- Trust these outlines to tell you where to **focus your learning**

- Read the assigned textbook pages to get key information only. **Focus on summaries, pictures, and main headings.** See how much you can **explain to yourself** after doing this.

- **Go to class prepared to listen** and record key information. Bring colored pens/highlighters

- Think along with the professor's explanations, and **ask questions** right away

- **As soon as possible after class,** return to your notes to make them as complete and as organized as possible (**edit and highlight/write headings)**

- **Read more thoroughly** in your text and look at diagrams to clarify the lecture; summarize for yourself

- If you took notes on PowerPoint handouts or other handouts, **make new notes**, drawing your own diagrams and leaving space to add clarifications. This allows you to process the information and prevent forgetting

- **Think up questions** that your notes answer and write them in the margin of your notes

- **Practice answering** them (aloud is best, maybe with a fellow student)

- **Reorganize materials**. Charts are excellent for this, and you'll remember material much better!

- **Study A & P at least 3 - 4 times a week**, more if you can. Avoid cramming!

- **ALWAYS test yourself** when you study:
  - When reading, stop and ask yourself what you've just read
  - When rewriting notes, don't just recopy. Make yourself explain in words
  - When reviewing notes, quiz yourself and "hide the answers" to be sure you really remember

- Don't restrict study groups to exam review**; meet with a classmate or classmates at least weekly to** quiz and explain to one another

IMPORTANT: Use multi-sensory approaches, study when alert, spread study throughout the day and week, review older material often, and test yourself frequently. Complete practice tests if available.

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