



## **ARC Study Guide: How to Succeed in Anatomy & Still Have a Life**

Anatomy is one of the most demanding classes in the freshman curriculum, and it's a gateway course for nursing and other health science majors. To earn credit as a student in these majors, students need to earn at least a **B- for Nursing** and at least a **C for Exercise Science** in each semester of the course. Although these courses pose a special challenge, they also require many of the same skills you use to succeed in other classes.

To be successful, you don't have to join an academic monastery and devote your life only to the class. However, you need to focus on this class from day one; once you get behind, you're in trouble. Below are some of the suggestions for achievement from professors and from former students who have done very well. Learn from their experience!

### **I. Getting Started: Notes**

For this class it's imperative that you know what you have to study. Do you mark things in the book that are highlighted during the lecture? Do you take notes yourself? Do you put your notes away after class until the test, or do you get them out and review them immediately?

- Read the book before class and write down any questions you have. Try to answer these during the lecture.
- Adopt a note-taking style that works for you: [Cornell Style](#); concept mapping; outlines; or create your own!
- [Taking notes by hand](#) rather than typing helps you concentrate on what is most important to get out of this lecture. **Use shorthand:** your notes are for you, so they don't have to make sense to anyone else.

### **II. What Do I Do with My Notes?**

There's a lot you can do with your class notes and book notation: rewrite or type your notes into word document that is easily searchable; make flashcards; draw pictures; come up with silly ways to remember definitions or the steps of a process; create a sample quiz and predict test questions; or create flow charts and graphs to help you compare concepts. **Go through this process after every class.**

- Did you know that **you forget 58% of the information in a lecture after just 15 minutes?** To combat this forgetting, **review your notes at least 3 times:** right after class; within 24 hours; and again within the week. Your final review should be before each test.
- Other methods of studying include forming a study group, going to talk to the professor during office hours, and attending weekly group sessions or scheduled tutoring sessions with ARC tutors.

### **III. What about the Labs?**

To study for lab practicals, especially that first one in BIOL 108, stay in the lab for the whole time. Study the material there, look through the microscope, and draw what you see in your notebook. Use all the lab time to study; you will feel more comfortable in the lab environment when the practicals begin.

### **IV. What about Preparing for Tests?**

In this class, there is so much information to learn, no one can learn it even a week before the test. Reviewing daily and weekly will help you stay on top of the material so that you are not cramming right before the test.

### **V. What the Experts Say—Advice from Professors and Previous Students**

- Attend all lectures and labs!
- Pay close attention; ask questions.
- "What helped me most was studying my notes every day before or after class. This process helps with quizzes, too. I also recommend a study partner."
- Know by heart every old test question on these throughout the semester; these could be on the final. Re-take old tests; cover the answers; take the tests and grade yourself. Don't study your notes in the same order all the time either.
- Don't study all notes at once. Break the material down into 15-30 minute segments, slowly adding more information each time you review the topic. (First study the stages of bone formation; after you get that down, add the role of chemical balance in bones, etc.)