

HUMAN BIOLOGY

Suggestions for Success

Good study habits include three activities: preparation *before class*; participation *during class*; and reviewing *after class*. All three are equally important.

- *Read the book BEFORE coming to class.* Instead of reading the chapter from start to finish, try looking first at all of the figures: what's the emphasis of each one? Make an outline of the major topics and as you read you can fill in the details with additional information.
- *Review the Study Guide BEFORE class.* Pay attention in class to those topics and figures that are mentioned in the Study Guide. Work the study guide topics into your outline from your reading.
- *Participate in class discussions.* Before class, make a list of questions you have from your reading and ask them during class. Good questions include those that arise from your personal experiences and interests.
- *Take good notes.* If you don't have a strategy for taking notes, try dividing your notebook pages into two unequal columns. On the right 2/3 take notes and on the left 1/3 write down questions you have. Ask the questions during class.
- *Attend every class session.* You will be tested on things that are not on the Study Guides. Attend the SI sessions if you can. If you cannot, I can review your notes with you but I cannot provide the class notes.
- *Put in sufficient effort.* You should study six to eight hours outside of class every week (that's just for this class). This should be quality time, with blocks of an hour or so and no distractions. Review your notes, review the figures, re-read the chapters, and have a good time!