

1. Use Class Notes As Primary Source For Studying
 - a. Use Book to supplement
2. CSePublishing - Lab manual
 - a. CBIO 2200 Anatomy and Physiology I: Lab Manual
 - i. Submit online
3. First 9 digits of student ids on eLC
4. Recommended:
 - a. Connect: Anatomy and Physiology Revealed
 - b. Don't recommend Learn Smart
 - c. Do Connect Part
5. Flash Cards - Only for bones and muscles
6. Quizzes - root words.
7. Labs - Ground level of The Graduate School (Williams St.)
8. NO Flash Cards - No more than 25 flash cards
9. Read the first 4-5 pages before class.
10. Take short notes
 - a. Key words/Topics
 - b. Go back and rewrite notes
 - c. Go back and write notes by hand
11. No posted lecture notes
 - a. Available to buy
12. Print off Lab Exercises and bring them to lab
 - a. No laptop allowed in cadaver lab
13. Word Elements are in the back of the hard cover- but she will put the word lexicon on eLC
14. Word Elements will not appear on anything else.
 - a. If a word has two meanings, only study the second.

Anatomy is like a foreign language:

1. Study in short Focused Intervals -
 - a. 3-4 hrs (9am-12pm)
 - b. Set timer for 45min - Study (NOT READING) - Writing out Notes
 - c. When 45 minutes is up, take break - do something for 15-20min
 - d. Come back for 45 more minutes
 - e. Stop after 45 minutes - after three 45 periods stop.
2. Do not Cram
3. Study a little everyday -
 - a. Especially pronouncing the words
 - b. Manage Time
4. Put the pieces together
 - a. Look at anatomy as a whole
5. Rewrite Class notes Several (twice - not counting taking notes) Times.
 - a. Put words in my own words
6. Failing to plan is planning to fail.

Surviving CBIO

1. Organized -
2. Having knowledge

1 and 2 lead to produce confidence