

DR. MARC TISCHLER'S TIPS FOR SUCCESS IN BIOC 460

Lecture Previewing:

These suggestions will help you to be an active participant in your learning during lecture and enable you to stay more focused for most of the lecture. This should take no more than 15 minutes the night before or in the morning before lecture.

- Read major headings: quickly summarize in your mind (brainstorm) what you know about the topic.
- Subheadings: repeat the exercise
- Figures and tables:
 - read the legends and familiarize yourself with what is contained in them
 - review to determine what you might already know and be familiar with the legends, symbols, axes on graphs
 - have a general idea what is covered but do not get bogged down in the details.
- Notes text: look for bold-faced, italicized and unfamiliar terms; read **only the sentence** in which these terms appear to get some sense of their definition
- Preliminary questions: make a list of general questions about what you do NOT know; write these questions on the opposing blank page to the relevant place in the notes
- Bring the general questions to class and during lecture listen for the answers to your questions
- This approach makes you an "active" participant during lecture by referring to your questions rather than letting your mind wander to some other thoughts.

After Lecture:

- Preferably same day - study material from the lecture
- Read notes or textbook - focus on what is emphasized
- Read for understanding. **Organize, organize.**
- Learn concepts first. Make notes – don't highlight
- Studying and Exams: Organize, understand, condense, memorize.
- Minimize what you memorize; understanding concepts helps you figure out details rather than memorizing
- Arrange notes/ study time in decreasing importance
- Prepare a short summary of the most important concepts related to a topic
- Use diagrams that have meaning for you
- Sort out the trivia and forget about it.
- Use posted study guides/study questions/objectives/summary to determine what is important
- Get new questions answered quickly!!

Self-assessment:

- This is critical for determining what you do not know
- An ongoing process as you complete a chapter
- Do not wait until a few days before the exam to do self-assessment
- Previous exams from the course show how questions are written
- Sample questions/study guides provided on the web
- Questions in the text
- Learning objectives and summaries can be turned into questions
- Study partners can quiz each other (One committed study partner can be more effective than a larger group.)
- Always approach self-assessment just as you would a test
- Grade yourself and for wrong answers understand WHY you missed the question
- Get new questions answered