**Tips for studying Anatomy & Physiology:**

1. **Begin Right** – Read the book carefully when it’s assigned. Don’t wait to read when you are studying for tomorrow’s test! Don’t jump around randomly through the book or only look at the diagrams. And don’t try to read too much at once – you will get overwhelmed! Take time to fully understand each step in the lesson progression. This information builds upon itself from one step to the next. If you haven’t mastered the first lesson, you will be lost when you discover that it plays an important role in lessons 4-20.

2. **Terminology** – The amount of new vocabulary words is extensive! Unfortunately, there are not any shortcuts here. It must be memorized. But if you rely on pure rote memorization for the test, you will struggle. Try to make connections and relationships with the words. Remember your Word Within a Word from freshman year?? Knowing the prefixes and suffixes will help a lot! Review constantly.

3. **Study Tools** - Use flashcards, and don’t lose them. Use the flashcards to review often so you won’t be so overwhelmed at test or exam time. When reading, highlight, underline important concepts, and take notes at the same time. Then go back and read it all again to grasp the details.

4. **Supplement** - Utilize the “Review” tab on the class website and the textbook’s website. It will contain extra worksheets, video or powerpoint tutorials, practice tests, and links to websites that can reinforce difficult concepts and memorizing terms. There are questions at the end of every chapter (answers are on the textbook website) and there are learning goals at the beginning of every chapter. Be able to answer them all! There is a study guide available on Amazon.com for about $30.

5. **Extra Help** – I am available for extra help before school, after school and during periods 1,3,5,7. *Remember that I teach all PRTs except for the first PRT on day 1.* If I am not at my desk, you can likely find me in the lab prepping or cleaning for the next day. Never wait until the last minute to get help. Finding a “study buddy” is always helpful.

**6. Don’t Cram! – Don’t cram! Don’t cram! Don’t cram! Need I say more?**

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