

Recommendations for Success in 16-week Biology 211

- Read less, **DO MORE**.
- Do all of the Study Prompt questions in the Notetaker until you can answer them without your notes or your book. This is the number one recommendation.
- Do all of the recommended questions from the laboratory manual.
- Use your book, lab manual and resources from the instructor (such as labeled photos/diagrams) during laboratory. You may use a laptop, pad or phone for anatomy purposes in lab if you wish (if I am not your lab instructor, ask them if this is ok with them; their class, their rules!).
- When identifying structures in the lab, also discuss with each other the structure's role in the body. This helps in studying for lecture and makes the connection between structure and function.
- Use every minute of lab time to your advantage. Stay the entire period.
- Refer to the "How to Study" document on the webpage for study strategies that may work for you.

- Study every day. Do not waste weekends. Based on the recommended number of hours for studying for a college course (College Board) for this course in 6-weeks is:

8 hours of lecture / week x 3 hours of studying = 24 hours / week

18 hours of lab / week x 1 hour of studying = 18 hours / week

- **Total = 42 hours of studying EACH WEEK**

Suggestion: 4 hours/day Mon-Thurs; 8-9 hours/day Fri-Sun

- Time management will be of utmost importance.
- Get sleep. Not getting enough sleep interferes with learning as well as the ability to recall information.