



### Formula for Success

The anatomy course requires a mature approach to learning; that is, it requires that you motivate yourself to study and learn the material being presented daily in lecture.

One of the strongest words of advice I might share

— **STUDY DAILY**. There are workbook exercises and homework questions that will serve as motivators to study daily, but you must take advantage of these resources. No one is forcing you to do them. If you follow the learning formula I have outlined you will meet with success. Here is the formula:

1. The night before each lecture preview the lecture presentation available on the course website. As you preview the presentation, color the line art in the lecture manual and associate the structure with its name. This will help you to become familiar with the anatomical structures associated with the lecture and you will come to lecture prepared to learn more.
2. Attend lecture and focus on taking good notes and pay attention to what I am teaching you (**do not color in the lecture manual during lecture as you can do that before or after by using the lecture presentations**). Use the lecture to fill in the necessary notes in your lecture manual and focus on the content being covered in lecture. If you struggle with note taking, you might want to record the lectures.
3. After lecture (the sooner the better, while things are still fresh in your mind) review your notes and make sure they are complete. Rewrite them in complete sentences if need be. While doing this, study the lecture material and start committing it to memory.
4. Next, take a break. Then later that day try to answer the exercises that parallel each lecture in the Workbook and Study Guide. Write out complete answers, as if you were taking a test. If you do this then the workbook will become a valuable study reference when you prepare for exams.
5. As you are answering the questions work hard to commit the knowledge in the lecture manual to memory. The exercises are designed to help you focus on important concepts and material covered in lecture.
6. **Do these steps each day.** Any time you have questions write them down on a piece of paper and attend the Friday reviews, SI sessions, or office hours and get your questions cleared up.
7. Do this every day and then on the weekend follow up with the most important step. Review everything you learned during the week, but do it by verbalizing your knowledge. Have someone ask you questions and teach them by answering the questions. **Verbalizing** your knowledge is the most powerful way to impact long-term memory.
8. Also, during the week read the assigned text from the textbook and then do the homework assignment questions to reinforce the lecture information. The homework assignments will

be posted on the WileyPlus website each Monday and will be due the following Sunday by 11 PM. Answering these questions will earn you points toward your grade, but more importantly will help you keep from falling behind as you study and learn the anatomy.

9. If you **honestly** follow these guidelines you can succeed in the course. In anatomy, each lecture will build on and borrow from previous lectures. For this reason, it is important to study each day. If you do so, you will build a knowledge base that will be reinforced and to which you can easily add new information. If you choose not to follow this approach, you will find yourself rapidly falling behind and not understanding the new material presented in lecture. Realize that **this is not a course for which you can easily “cram” a few days prior to the examination**. It is critical to stay current and not fall behind in your study.

One final tip, **come prepared to lab**. It will be a waste of your time and you will be cheating yourself if you come to lab unprepared. To prepare for lab you should do the following:

1. Study and understand the previous week's lecture material.
2. Study the assigned cadaver photos on the Human Anatomy Interactive Atlas (quizzes will motivate you to do this).
3. Attend lab with the intent of getting involved in the interactive learning environment.
4. Commit to make the most of your time spent in lab. Be active! Participate! Get your hands on! Take advantage of the excellent teaching assistants!
5. Take advantage of **Real Anatomy 2.0**, included with WileyPlus, to reinforce what you studied in the lab. This powerful program on the web provides you with full access to exploration of real cadaver anatomy unlike any software on the market. Use it as a review to reinforce what you learned in the lab.

### Opportunity

I am committed to provide undergraduate students with learning opportunities in anatomy. Next semester some of the top students from this semester will have the opportunity to continue their anatomy studies by participating in my teaching assistant program. This is an excellent opportunity for the interested student to reinforce the knowledge they gained as a student of anatomy. It is also a great opportunity to learn about teaching and communication. Work hard, learn your anatomy, and you could qualify for one of these positions.

If you discover that you enjoy anatomy, you can continue your anatomy education by enrolling in Biology 5315 - Advanced Human Anatomy and Biology 3360 - Vertebrate Embryology. For the interested and motivated student, these classes will expand your understanding of anatomy.