

How To Study for Bio 17

1) Get some (maybe 50-75 PER WEEK!) 3 x 5 or 4 x 6 note cards. Take all of the information from your lecture notes, reading assignments, lab, field trips, etc. and put the information on the note cards. Each card should only have one or two items on it. For example, you might have the word "Dendrite" on one side and a description or picture of what a dendrite is. That will be ONE card. When you are done making your cards, you should have ALL of the information you need to know on the collection of cards. Also, be sure that you understand what you are writing down on your cards. Do not just memorize everything word for word; make sure you write your cards in your own words! You can also xerox pictures (or draw them) from your lecture notes and put them on your notecards as well. This will help you learn structures as well.

2) Next, get some blank sheets of paper. Go through all of your note cards one by one and see if you can write (without looking) the information on the opposite side of the card (write...not TYPE). GO THROUGH ALL of the cards 4 times (always trying to write what is on the other side). Now, get another sheet of paper and do this again BUT THIS TIME, separate the cards you get right from those that you get wrong.

3) Finally, go through the cards YOU GOT WRONG ONLY 5 more times! Once again, have a sheet of paper out and try to write down what is on the opposite side (write...not type!).

4) Now, reshuffle all the cards (the ones you got right and the ones you got wrong!) and go through all of them again. When you can write what is on the back of each card (or at least 95% of them) WITHOUT looking you are probably ready for the quiz or exam.

5) Make sure you make these cards every day after class. DO NOT wait until the day or two before the exam to start making you cards! If you spend **10-12 hours PER WEEK EVERY WEEK** studying this way, you should be off to a very good start to doing well in Bio 17!

6) Make sure you are making these notecards and studying them when your mind is fresh and alert! If you wake up early and work all day, studying late at night is probably not so good.

7) Be healthy! Make sure you get enough sleep, exercise, eat well and so forth so that mind is in optimal shape for learning.