

Reflect on your study habits using the suggestions below

Have you tried some of them? What worked and what didn't? Ready to try something new?
Check off which tasks you'd like to accomplish in preparation for your Physiology exam.

Structure and Organization

Organized notes make it easier to find information. You may consider creating your own condensed summary notes. Summary notes do not replace your original lecture notes, but aid as a review tool. Time the completion of your notes accordingly.

- Gather and organize lecture slides with notes either in electronic or printed form
- Make a topic and task list to serve as a study checklist
- Create a central document of learning objectives/outcomes
- Outline key points under Learning Outcomes
- Create visual elements/maps of each major topic and pathway

Comprehension/Understanding

Students cite the importance of making connections in physiology. Generating questions that encourage the comparison of topics and the application of concepts can support "deeper" understanding.

- Identify Learning Outcomes that promote application/"deeper" thinking
- Make note of examples of normal vs. abnormal conditions
(eg. Hyperventilation vs. regular breathing, acidosis, brain lesions)
- Revisit previous tests and quizzes to note strengths and weaknesses of prior content
(Why is correct response true? Why are incorrect responses false?)
- Engage in *Elaborative Interrogation* of summary notes
(Generating explanations for why a stated fact is true)
- Discuss topics with study group/study partner/PAL Peer

Self-Testing and Deeper Learning

Students often report difficulty finding ways to test themselves in physiology because of a lack of questions available. Instead, focus on your ability to recall and elaborate on information from your notes and analyze past quizzes/midterms.

- Explain Learning Outcomes from memory
- Distribute your learning by crafting a study schedule
(cover content 3-4x per week in smaller, manageable chunks of time)
- Dive deeper into content by entering the mind of a physiologist
 - 1. What could **cause** a problem?
 - 2. What is the **result** of this problem?
 - 3. How does the body/system **adapt** to this issue?