



FUNDAMENTAL FOUNDATIONS

A PEER LED STUDY-BY-SUBJECT GUIDE

ANATOMY AND PHYSIOLOGY

GETTING STARTED

“Enter this course as if it is your first time with Anatomy and Physiology. There will be many new concepts presented and it is important that you learn these concepts the way your faculty will present them, as they will come up again and again in higher level courses.” Nick C., Nursing '13, peer tutor

“Read the chapter before you start the lecture on the chapter in class. Go to open lab from the start.” Alyssa H., Nursing '14, peer tutor

“Always go to class. There is never a day when the discussion will not be important.” Devon S., Nursing '14, peer tutor

ACTIVE LEARNING STRATEGIES

- Teach the material to someone else. When you can explain it correctly to a friend, you will be more likely to remember the information.
- Rewrite your notes within a day of class to make the information stick.
- Use your textbook and online resources to practice questions.
- Regularly attend peer tutoring, recitations and review sessions. Prior to the sessions, formulate a list of questions.
- Create pieces of paper that have the names of body regions on them and then stick the pieces of paper to the correct location, either on yourself or someone else.
- Use yourself or a partner to point to the locations of muscles. Try to flex the muscle to better understand the origin and insertion relationship. This idea can also be used for bones and regional terms.
- Print out extra pictures or buy coloring books of bones and muscles. For example, print out the bones of the skull from different views and then label and color in all of the facial and cranial bones.
- Form study groups. Studying with a group of 4-6 people can really make a difference. Try to teach different elements of the content to each other to see what you do and do not understand.
- Create an exam study guide to limit the need to flip through textbooks, binders, and workbooks to get all of your content right before the exam. Throughout the study guide, write down where you got all of the information so that you can easily reference the original source.

TACKLING THE TEST

When you are confident with your answer, write a big YES or checkmark next to it to boost your confidence.

Eliminate all possible outliers in multiple choice test questions.

If you don't know an answer, circle it and go back to save time.

Carefully reread questions and answers to make sure you read everything correctly.

Be prepared for application-based questions such as “A normal heart contracts by way of the cardiac conduction system; what is the principle pacemaker?”

DO'S AND DON'TS

Do...

- Go to class, even if the benefits are not immediately obvious, because the more ways that you hear the information, the better you will master it.
- Keep on top of your work by completing all of the assigned readings and problems for every class.
- Take all of the labs seriously. They are the source for a large number of practical exam questions.
- Find study strategies that work for you and then stick to them, but don't be afraid to try new techniques.
- Write down the questions that you can't answer, and then follow up with tutors and professors.
- Put in additional study time, even if you feel confident in your knowledge.
- Be open to learning and keep a positive attitude.

DON'T...

- Only use one resource. Make sure you utilize a variety of resources such as class notes, the text book, lab notes, the Connect website, tutoring, and study groups.
- Become wrapped up in the details without understanding the big picture. When trying to tackle a difficult topic, think of it in its simplest form first and then puzzle in the smaller details.
- Fail to see the professor or seek help from tutors throughout the semester.
- Only rewrite your notes and read, and then think that you are all set for studying. After rewriting and reading, quiz yourself and ask questions. It is important to challenge yourself.

MEMORY TIPS

- Create acronyms, flashcards and charts for bones, muscle tissues, and nerves.
- Break down the material you study, instead of studying all of it at once. For example, when learning the bones, try to learn all the bones of the axial skeleton first and then move onto the appendicular skeleton.
- Find a quiet place to study and truly focus on the task at hand. Turn off the distractions.
- Complete all practice problems in the book or online.

FINISHING YOUR FOUNDATION

"Attend lecture and lab every time, and always seek help when you become unsure of the course material. Your faculty, the tutors, and the rest of the College are here to help you succeed!" Nick C., Nursing '13, peer tutor

"Study every day. Don't skip a day and be behind; it takes a lot to catch up." Alyssa H., Nursing '14, peer tutor

"At the first sign of feeling confused, overwhelmed, or stressed about the subject, do not hesitate to talk with your professor or go to the ARC for a tutor. It is best to address any situation when it first arises, instead of letting it continue to grow." Devon S., Nursing '14, peer tutor

Please note: This handout is a compilation of resources provided by peer tutors and academic support professionals. This information is meant to supplement recommended study techniques provided by course professors, peer tutors, the Math Center, the Writing Center, and the Academic Resource Center. They are not intended as a replacement for MCPHS resources, faculty and staff, class attendance, course syllabi, or course materials. For additional information, please contact the Academic Resource Center at 617.732.2860.