

From the 'top' of the Physiology course performance, in order of when they responded to my request and e-mailed me...with many thanks to them!

Student 1:

I'm not sure if my tips can be helpful since I'm doing what you told us to do in the beginning of the class.

Things I do are:

1. Go to class! Whatever he says "pay close attention to this slide. it is very important", that always came out on the exam.
2. Read lecture notes & slides. Do objectives. Then, read assigned chapter in the textbook. Textbook supplements many concepts that Dr. Els covers.
3. Two days before the exam, do problems in BRS review. Then, go over the lecture notes one more time.

Student 2:

Here's mainly what I do:

- 1) read through the lecture notes while looking at lecture slides, focusing on the main points
- 2) go back through a second time and take detailed notes on the notes and slides, making sure everything makes sense (the notes tend to be riddled with contradictions and mistakes, so i try to prove everything is correct- even if i can't, the process is helpful)
- 3) draw out important diagrams and figures
- 4) figure out as many relationships as i can, i.e. what happens to this if you change that

Student 3:

The biggest for me when studying physiology is engaging myself while studying and in class. It doesn't work for me to just sit and read. I re-write Dr. Els speaking notes in my own words and this helps me think through the concepts. I use these notes along with the powerpoints to study for tests, and only ever use the book if I need further clarification. Also, because the class builds upon itself, I really try to stay up on the material.

Student 4:

I usually focus on Dr. Els lecture notes and go over them with a friend. After reading through the notes once or twice, we quiz each other orally and/or ask each other to explain certain concepts, using a chalkboard to draw diagrams if necessary. If you are able to teach it, then you must understand it! Hope this helps! (This includes going to every class of course!)

Student 5:

Here is how I study and learn physiology. It might seem like too much work to some but I think the only way to learn physiology is to really understand it.

First, I don't miss a lecture. A lot of what Dr. Els says in class is additional information on top of what the book and his notes say. His notes are really just a skeletal framework for what he teaches in class. Thus, class is essential.

Second, I read every chapter of Johnson's Medical Physiology Textbook that pertains to Dr. Els' lectures. I always do this before I start reviewing his notes and his powerpoint slides. For me, I need to have a 'story' of the material before I dive into the details that Dr. Els provides because sometimes his notes can seem a little choppy.

After I read the book, I read his notes, and then go through the slides and my own notes from class. When I go through my notes, I tend to rewrite them and draw diagrams linking ideas. Most importantly when I go through the notes, I don't just look at the slide and memorize the different bullet points. I really try to understand WHY. If you can understand WHY then you should have a pretty clear understanding of the material.

Student 6:

I am not sure I have any real revelations, but I can offer the following tips:

- 1) I study the most difficult material using multiple sources (book, notes, BRS, First Aid). There is too much information to read everything, but if there is a difficult topic, I will often read about it in three or four different places.
- 2) I make sure I know all of the "learning objectives" provided at the beginning of Dr. Els lecture notes.
- 3) I use BRS Physiology more than I should. It provides a concise overview of each topic and closely matches the lecture material. Also, there are numerous practice questions at the end of each chapter.

Student 7:

I don't really have any solid study tips, but I'll describe my study habits for the class. I try to read the chapter before lecture if I have time. That is the only preparation I do for class. In terms of studying for the test, if I do not understand something I use whatever source possible until I get it (our textbook, costanzo's book, the brs book). I also read through my notes from lecture while going through Dr. Els's notes. If I don't understand something in his notes I usually will look it up in the corresponding section in the book. Beyond that, I ask my peers for help.