

A & P Keys to Success

- Attend class.
- Study regularly.
 - *Before class:* go through the powerpoint to review the material that will be covered.
 - Write specific questions down so you can ask during class.
 - *After class:* Review notes prior to the next class session.
 - Remember, for every hour spent in class, expect to spend 2- 3 hours outside of class studying.
- Prepare for in class quizzes.
 - “Actively” watch recordings.
 - Take notes on powerpoint files or in a traditional notebook.
 - Fully complete learning objectives (LOs).
 - All quiz questions can be mapped back to LOs.
- Attend Study sessions with Student Helpers.
- Create a study group.
 - Find study partners in class, lab or use the discussion board on Blackboard to set up a group.
 - See <http://arc.duke.edu/documents/How%20to%20Form%20a%20Successful%20Study%20Group.pdf> and <http://ctl.byu.edu/how-organize-and-conduct-effective-study-groups> for helpful ways to organize and conduct effective study sessions.
- Flash cards!
 - Carry them with you and when you have a moment flip through them.
- Draw! Try to draw out some of the concepts repeatedly.
- Rewrite your notes.
- Have a relative/friend quiz you. Have them ask you a question and verbally explain it to them.
 - This will also help identify areas you need to study more.
- Listen to the recorded lecture again and take notes/draw/write down questions.
- Come to my office hours to ask about things that still don’t make sense.
 - I am more than happy to set up an alternate meeting time if your schedule does not allow you to meet during my designated office hours.
- Quizlet (<https://quizlet.com/>). Make flash cards and practice tests online.
- Use LOs as a study guide for exams. Fill it out using your notes.
 - The LOs will guide your test preparation. All test questions can be mapped back to LOs.

Resources

- Me!
- **Academic Support/ Academic Coaching:** PVCC Main Building, M617 or call 434.961.5499
 - We all have to learn how to learn! This service can help you figure out how to manage your time, learning style, deal with test anxiety, etc.
 - Located in the writing center.
- **Student Success Office:** PVCC Main Building, South Entrance, Room 132: phone: 434.961.6551 or 434.961.4265 (for the hearing impaired)
 - Sometimes life gets in the way of school. We all have things come up and may need help trying to sort through how to best deal with the situation at hand. Whether you just need to talk to someone about what is going on or you want someone to help you set educational and personal goals, the student success office can help.
 - Even *after hours* someone is available to talk with you! (call 434-961-7777, 8AM-7PM or schedule an appointment: 434-961-5264)

Extras

- Keep your notes!
 - It will be very helpful to review notes if you choose to enter a Health care related field (Nursing, Radiography, Sonography, etc.) or subsequent biology course