This section of the Web site tells you a lot about how the course runs and offers student-tested suggestions for how you can do your best in the course. The information is divided into three major sections, and to help you to easily find what you are looking for, separate links are provided to each of the three sections.

The sections are:

(1) basic information,

(2) resources to help you to do well in the course, and

(3) information about exams and grading.

**INSTRUCTOR:** Kathy French  
Pacific Hall 3123B  
534-5938

**LECTURES:** Mondays, Wednesdays, and Fridays 9 a.m. to 9:50 a.m. in Peterson 110

**TEXT:** *Human Physiology, 6th edition* by Dee Silverthorn. The syllabus lists assigned reading in the text; this material will be covered in the exams, even if it is not mentioned in the lecture.

Regardless of what the Bookstore might say, don't buy any other books, such as workbooks, unless you know that you personally love using workbooks. Just get the textbook.

**MY GOALS FOR YOU IN THIS COURSE:**

If you follow my suggestions for how to study in this course and you work hard, by the end of the quarter you will have:

(1) Learned how several systems in the mammalian (primarily human) body work

(2) Learned a lot of useful biomedical terminology

(3) Learned some anatomy of the systems that we will discuss this quarter

(4) Developed your skills in biomedical problem solving, but only if you **ACTIVE**LY work the problems. These skills are valuable for anyone who aspires to a career in the biomedical sciences.

(5) Increased your skill in deriving information from graphs, diagrams, images, and other graphic materials

The **GOOD NEWS** is that many thousands of students before you have achieved these goals.

The **BAD NEWS** is that there are no shortcuts. If you don't do the work, you won't reach these goals.
GENERAL HINTS FOR SUCCESS IN THIS COURSE

1. Print out the Power Point slides and Course Outlines for each section of the course material, read through them **BEFORE** you go to lectures, and take your print-outs to the lecture so you can write notes directly on those pages without copying anything over.

**HINT:** If you print the pages full-sized you'll be able to read the figures. If you print the individual pages at reduced size (e.g. you decide to print 4 full pages per sheet), you won't be able to read anything, so it'll just be a waste of paper.

2. **Attend EVERY** lecture and take your **own** notes.

3. **Read the assignments in the textbook** They are an integral part of this course. **It's BY FAR best if you read the book BEFORE you go to lecture,** but even if you read it after the lecture, don't skip the reading. (Don't write an outline of the text; working problems is a much better way to spend your time.)

4. **Attend at least one discussion section per week and actively participate in the discussion.** You don't have to sign up for any particular section, so you can shop around for the one that is best for you, and each week you can attend more than one if you want.

5. **Learn the words!** You can't understand the course material or perform well on exams unless you know the vocabulary and can use it properly! If you call things by the wrong names or use words wrong, graders either won't understand what you mean or conclude that you haven't learned the material, and your grade will reflect it.

6. **But don't stop there. Learn the concepts** and **PRACTICE** using both the words and the concepts. Here's how:

7. **PRACTICE FOR EXAMS BY WORKING PROBLEM SETS! Work through EVERY problem from EVERY problem set AS THOUGH YOU WERE TAKING AN EXAM.** That is, read the problem, THINK about it and decide what it's asking, and then write out the best answer you can **without looking at the solutions.** THEN compare your answers with the published solutions, and concentrate on **the differences** between your answers and the answers on the solutions.

8. **Study for this class every day; don't wait until the night before an exam to try to cram** 10 lectures' worth of information into your brain and then expect to be able to think clearly about it. Studying regularly throughout the quarter **and** getting enough sleep the night before an exam **both** greatly improve performance on the exam. You can use that information to your advantage!