

# HOW TO SUCCEED IN PD BIO 220

**Biggest Tip: Never miss lecture or lab.**

PD BIO 220 is a rigorous class with lots of memorization. Try not to miss out on lectures and labs that help you break it down.

## TIPS FOR STUDYING ANATOMY:

### Schedule it in

Make time to study on a consistent basis. Long-term memorization is better than short term.

### Start early

Start studying early and review often.

### Repetition

Going over the same material or rewriting notes are good ways to improve your memory.

### Switch it up

Use different study techniques to reinforce the material. Ex: textbook, write notes, use flashcards, study visuals, draw out structures

### Get creative

Draw and annotate diagrams. Use different colors.

### Take clear notes

Write clear notes in your own words.

### Understand your learning style

Know what helps you best learn the material.

### Use memorization tactics

i.e. flashcards, rewriting notes, mnemonics, singing.

### Work in groups

Groups help you bounce off ideas, keep you motivated, hold you accountable and peer teaching can help with retaining material.

### Stay motivated

You will procrastinate if you are not motivated.

### Quiz yourself

### Focus on weak areas

Go through the words and focus on the words you have a harder time studying.

### Take advantage of resources

## MEMORIZING ANATOMY TERMS:

### Organization

Make a study schedule. Know how long it will take by using the first lesson as a base.

### Visualization

Get your bearings. Visualize the area in your head by going to lab or practicals.

### Memorization

- Use an anatomy atlas to test yourself. Link the word to the structure by creating a mental picture.
- Find the meaning of the word by looking at medical terminology script.
- Break the word down and make it recognizable for yourself.
- Create your own abbreviations, songs, poems, acronyms that work for you.
- Write the words out as you learn them, this will help with memorization and spelling.
- Use flashcards (online or homemade), so you can constantly test yourself.

### Examination

Use different study techniques to reinforce the material. Ex: textbook, write notes, use flashcards, study visuals, draw out structures. Test yourself once you've memorized the words. If you miss some words, go back and review them until you don't miss them anymore.

## RESOURCES



**kenhub.com**



**BYU Anatomy  
Open Lab**

## CLASS TIPS

### Lecture:

Focus on each lecture's study objectives. Review them prior to class. Then, review them immediately after class while the material is fresh in your mind. In addition to the lecture, attend TA sessions regularly.

### Online Textbook:

Use frequently. It was organized by BYU anatomy faculty to match the level and content of each lecture.

### Practice Questions:

Complete the provided practice questions for each lecture.

### Lab:

Prepare well for lab and take lab homework assignments seriously. Use your time in lab effectively. Attend free lab when needed.

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