Overview of workshop

- General ideas
- Time management
- Skills for your learning style
  - Note taking skills
  - Studying skills
  - Exam strategies
Time-tested tips

- **Prepare by skimming ahead**
  (Power-Point notes or text)

- **Study by yourself daily**, using your learning preference

- **Study regularly with a group/partner to check**
  for asking and answering questions, performing skills and checking retention

- **Ask for help**: Contact faculty (e-mail, voice-mail, in person) for answers to questions that your peer group can’t resolve
General Tips

- Don’t skip class
  - Important for aural, visual and read/write learning
  - To use class time to cram for other courses is counter-productive

Penn State Study:

A students miss an average of 1/2 class/semester
C students miss an average of 4 classes/semester
Time Management

- Make a schedule
  (study time, breaks, personal time)
- Establish a routine
  (work out time, meals, studying)
- Don’t do other activities while studying
  (IM, e-mail, television, snacking)
- Study ahead
Time management is all about setting priorities

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CRAMMING DOESN’T CUT IT!!
Time Management

These are some common time wasters:

- failure to plan
- failure to set priorities
- lack of organization
- socializing (plan ahead)
- interruptions
- television/IM/ email
- excessive recreational activities
Class

- Prepare ahead  
  (reread notes & pre-read for the big picture)

- Use the note taking method that works best for your learning style

- Use all lab time FROM THE BEGINNING

- View ALL specimens

- Compare lab & lecture notes
Note-taking methods

- **VISUAL**
  - Concept maps
  - Use colors/highlighting & underlining
  - Spatial organization
  - Leave white space
  - Diagrams/charts
  - Drawings in notes

- **KINESTHETIC**
  - Be active in lab
  - Write down examples or cases
  - Relate lecture material to lab
  - Participate in demonstrations
Note-taking methods

**READ-WRITE**
- Prepare an outline for class notes
- Use headings
- Listen & take own notes
- Pre-read
- Cornell note system

**AUDITORY**
- Attend all classes
- Ask questions
- Verbalize responses
- Dictate notes on cassette/CD
- Note examples or stories
Cornell Note-taking system

**Note Taking Area:** Record lecture as fully and as meaningfully as possible.

**Cue Column:** As you’re taking notes, keep cue column empty. Soon after the lecture, reduce your notes to concise jottings as clues for Reciting, Reviewing, and Reflecting.

**Summaries:** Sum up each page of your notes in a sentence or two.
The 5 R’s of Note-taking

- **Record** – During the lecture record in the main column as many key facts and ideas as you can.

- **Reduce** – As soon after class as possible, summarize these facts & ideas concisely in the Cue column. This clarifies meaning & relationships & strengthens memory.

- **Recite** – Cover the note-taking area & using Cue column notes, repeat or rewrite the facts & ideas of the lecture. Check.

- **Reflect** – Ask deeper questions: “What’s the significance? How does this fit with what I already know? How do I apply this?”

- **Review** – Spend at least 10 minutes a week in quick review of your notes from each class.
Types of Macroglia - Bubble Map

- Oligo/Schwann
- Astrocyte
- Ependymal/Choroid

Macroglia
Types of Macroglia- Tree Map

- Oligo/Schwann Cell
- Choroid/Ependymal
- Astrocyte
Oligodendrocytes & Schwann Cells
Compare/Contrast Map

CNS

Oligo

Myelin

Schwann

PNS

15 segs

1 seg
Electrical stimulation
Mechanical compression
Chemical stimulation
Membrane depolarization
Membrane repolarization
Energy consumption
Heat production
Bones of the Arm

- Shoulder
  - Scapula
  - Clavicle

- Upper Arm
  - Humerus

- Forearm
  - Radius
  - Ulna
Studying – Tips for ALL

- Prepare by re-reading & pre-reading for the next day’s classes – make an outline
- Review the day’s notes EVERY DAY
- Organize notes, highlight questions, use best study/organization technique
- Share study aids with others
- Use group time to assess your retention
- Try studying in short bursts
Studying

**VISUAL**
- Draw & redraw concept maps & charts
- Find drawings/charts
- Organize notes in concept maps
- Color code material
- Watch class videos

**KINESTHETIC**
- Use Websites
- Pace, exercise, tap while studying
- Draw or practice on self or models
- Draw or write large (newsprint/poster)
Studying

AUDITORY
- Recite notes out loud
- Dictate notes on tape/CD
- Verbalize questions from notes
- Answer questions out loud
- Teach it to others

READ/WRITE
- Prepare an outline
- Cornell note system
- Rewrite/reorganize notes
- Make flashcards
- Write questions from notes
Memorization Strategies

- Chunking - categories & numbers
- Recitation - reading, oral or written
- Association - big picture & connections
- Mnemonics - share with each other
- Musical/rhythm Associations
- Patterning - look for patterns
- Visualization - picture association
Study Groups:

- Set ground rules for socialization vs. study
  - Try the egg-timer
    - (You only get until it runs out, then back to work]
- Have your questions & concerns written
  - Post-it notes, color codes, index cards
- Try a different location
  - Find a spot that minimizes distractions
Studying ahead:

- Set a regular meeting time
  - eg-1x/2 weeks

- Prepare for the session
  - Read over all materials
  - Creating questions for each topic
  - Create study aids (charts, diagrams, mnemonics, pictures)

- Test each other on all of the previous material, not just this week
Common time wasters:

- Lack of a clear agenda for the study time
- Lack of preparation by all group members
- Getting off track
Before the test:

- Go over JUST the materials you aren’t sure of [not what you already know…]
- Get enough sleep & eat right
- Exercise, meditate or use stress-reduction techniques
- Try going to bed early & getting up early to study
- DON’T SKIP CLASSES
  [it only puts you behind in other subjects]
Test-taking Strategies: MC

- Cover choices & answer questions as if they were fill-in
- Answer multiple-multiple as though each choice forms a True-False question
- By organizing your notes into categories or mental maps, visualizing how MC questions are asked is easier
- Write questions as you study
Multiple-Multiple

Which of the following are types of macroglia? Choose all that apply.

A. Schwann cells  T/F
B. Epithelial cells  T/F
C. Astrocytes  T/F
D. Neurons  T/F
Multiple Choice Strategies

- In reviewing old questions or those you & your study group have written, look up ALL choices
- Do NOT second guess yourself
- Check your Scantron!!!
Testing strategies

- VISUAL
  - Recall position of info on the note pages
  - Draw out diagrams or concept maps before starting test
  - Practice turning visuals into test questions

- KINESTHETIC
  - Role play the exam situation
  - Use your hands/body to imitate what you are trying to recall
  - Get exercise the night before the exam
Testing strategies

- **AUDITORY**
  - Speak answer to yourself (quietly!)
  - Spend time in a quiet place recalling answers
  - Use ear plugs

- **READ/WRITE**
  - Write out lists/formulas before starting exam
  - Write exam answers as fill-in the blank
  - Use practice test questions
Bottom line

- Read ahead-outline for the big picture
- Study daily on your own using your preferred learning style
- Group study weekly to check retention
- Ask for help EARLY: faculty, peers, tutors, advisors, CELT, counseling