

Study Hints:

1. Study everyday! DO NOT CRAM! It is imperative that you do not fall behind in this course. If you are having difficulties, seek help early.
2. Come prepared to laboratory! Read the laboratory and study the assigned atlas plates before coming to lab.
3. Review the lecture notes daily and supplement them as you reference the text. Use the laboratory experience to help build a mental picture of the lecture material.
4. Work/study in teams or with a partner. Quiz each other and discuss difficult concepts.
5. DO NOT STRICTLY MEMORIZE. Remember the "big picture" while learning the details. Do not *memorize* lists and tables ... but *learn* them! Maintaining a greater perspective will not only help you organize the material in your mind, but it will also make it easier for you to recall that information in the future.
6. Begin to think in 3-dimensions. Utilize the sectional anatomy to build a 3-D image of the region being studied. Take notice of structural relationships on the cadaver and make comparisons with the atlas and sectional anatomy.
7. Utilize the websites you find helpful, but make sure to use your laboratory manual (structures in **bold**) as a guide. Some of the best websites were designed and intended for medical education.

Most importantly, make learning the material enjoyable! This course is very demanding, but it is certainly doable.

Study alone ... Study with friends ... BUT STUDY OFTEN!