

# HOW TO STUDY FOR ANATOMY PHYSIOLOGY

- No matter what study you are doing the plan is the same.
- AP 1 and 2 are hard for several reasons, new stuff, a lot of terminologies, some physiopathology, etc....
- Working and taking these courses are super hard unless you did take these courses or you are already a nurse or EMT etc.
- So, my suggestion is the following:

1/ Remember you need to understand your material not memorize it, we memorize names but not concepts. Understanding is for like, memorizing is just for short-term memory, that might or might not help you in the long run, unless you are that 1 % of the population that can remember everything they read forever.

2/Reading the material between 5 to 8 times:

- read before lecture or lab: manual power points
- read the material the same day after lab and lecture
- read it during your downtime

3/ create a flashcard deck. The only question and answer keywords need to be on the card.

You can use also PowerPoint to create those, Anki software ( <https://apps.ankiweb.net/>) or Quizlet (<https://quizlet.com/>) and many can have the benefice of your contribution.

Example:

Front of the card:

the function of the liver?Back:

- Bile production and excretion.
- Excretion of bilirubin, cholesterol, hormones, and drugs.
- Metabolism of fats, proteins, and carbohydrates.
- Enzyme activation.
- Storage of glycogen, vitamins, and minerals.
- Synthesis of plasma proteins, such as albumin, and clotting factors.

You will have different decks that you read before going to bed (unconscious work better), so it will be used like the following

Today you created deck 1, tomorrow deck 2, 3rd-day deck 3, etc....

- Today read deck 1
- Tomorrow read deck 1 and 2
- Day 3: read deck 1,2,3
- 4th day: read deck: 1,2,3,4
- Day 5: read deck 2,3,4,5

Weekend read the full package

3/ create tables easy, simple to read and this a course where the drawing is very helpful (you do not have to be an artist).

4// Weekend do question, as much as you can.

Go over the wrong answers and ask yourself why you did not answer them: reading, no knowing, confusion or other and fix that, do not do them again.

5/ ONCE A WEEK, study with a group, ask each other, question, go over the question.

6/ Go to tutoring if you have questions or need to go over the material or to be tested on your knowledge or just to be on your game.