Developing Good Study Habits

- Study in a well-lighted, distraction-free environment
- Set aside a study time each day
- Study when you are most alert
- Plan your time efficiently
- Make to-do lists each day
- Study alone

Listening

- Don’t be judgmental
- Be willing to change old concepts and attitudes
- Keep your mind open to new ideas and concepts
- Keep trying to extract the broad concepts
- Realize that as you become a better listener, class time will become “learning time”

Taking Notes

- Writing notes helps transfer what you have heard and seen into visual learning
- Formatting your notebook:
- 1. Narrow left column for keywords
- 2. Top of page: Date and Lecture outline
- 3. Right side of page for taking notes; leave space for additions and enrichments

Getting the most out of lecture

- Know the subject before each lecture
- Spend time before each lecture reading previous notes
- Rewrite your lecture notes the day of the lecture
- Don’t write down every word we say
- Ask questions
- Bring your text to class

Getting the most out of reading assignments

- Read the preface to the text
- Read the chapter outline
- Read the topic sentence of each paragraph
- Next, read the chapter: highlight key terms and concepts
- Take a break after 1 hr of study
- Use the glossary to understand terms!
- Use study aids
- Work end of chapter problems
- Avoid subvocalization when reading

Memorization vs Understanding

- Some terms have to be memorized
- However, concepts are difficult to memorize
- Thus, to achieve understanding you must know the terms to understand concepts!
- Understanding concepts will allow you to synthesize material and apply your knowledge

Improve Your Test-Taking Abilities

- Review lecture notes before and after class
- Keep up with the reading
- Use Campbell's software tutorials and other aids on the CD ROM
- Avoid cramming!
- Write your own tests
- Attend review sessions
- Seek answers to your questions as they arise

Symbols and Terms

- Symbols are abbreviations, arrows, letters, or special shapes that represent a term, structure or process
- For example, (OH) is used to represent a chemical hydroxyl group
- A water molecule is represented as H_2O
- Circles (o) represent subunits or monomers
- Dark lines connecting circles represent covalent bonds connecting the subunits
- Thus, you must spend some time figuring out what the symbols mean in your text

What Can Arrows Mean?

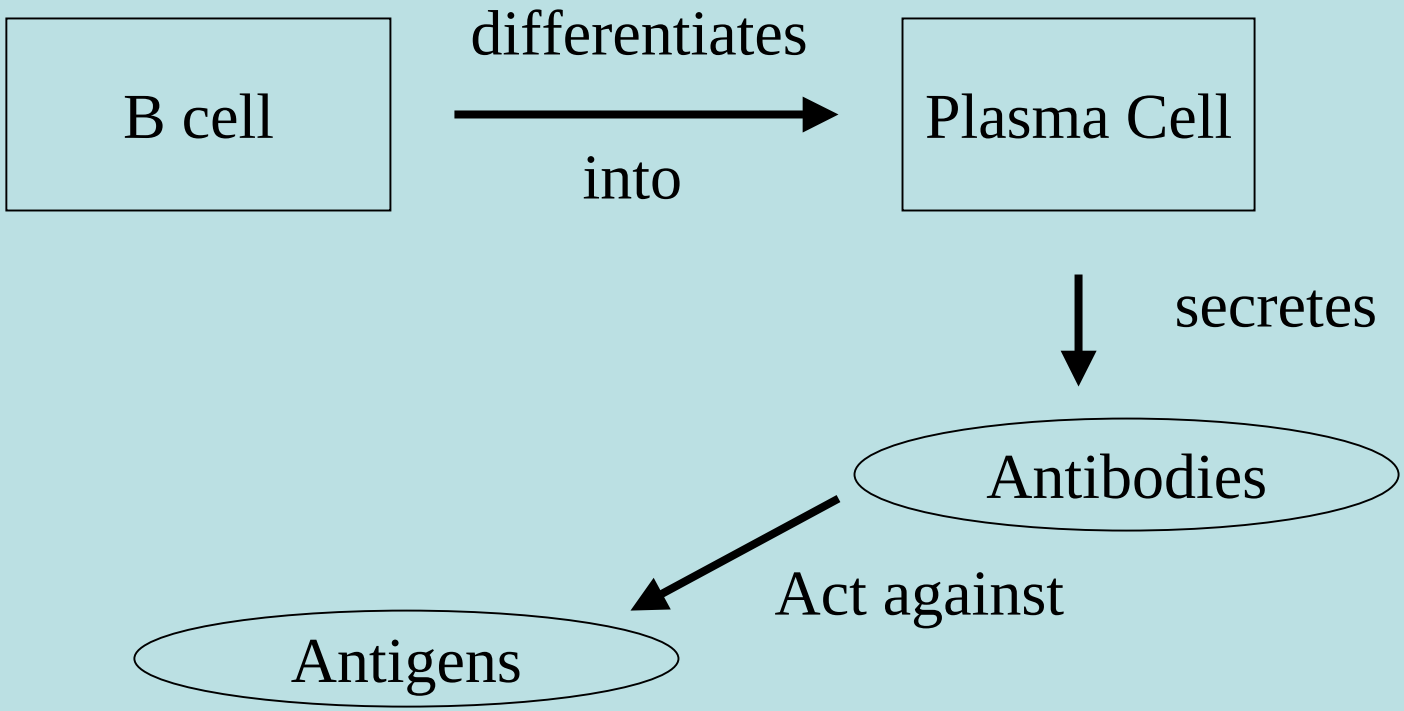
- Arrows are used to indicate chemical conversions:
- Glucose $\longrightarrow$ $CO_2 + H_2O$

- Arrows are also used to indicate processes:

- DNA $\xrightarrow{\text{transcription}}$ mRNA $\xrightarrow{\text{translation}}$ Protein

Concept Maps

Concept maps help you organize your thoughts and synthesize material



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Becoming a Critical Thinker

- Definition: the ability to distinguish between facts and beliefs (or opinions)
- Critical thinking skills help you analyze problems, issues, and information.
- Critical thinking is essential to your intellectual and professional development
- Learn to question conclusions derived from facts