

9 Helpful Tips for Studying Human Anatomy

- 1. Study early and frequently.** Repetition is a very useful technique, and it's not boring, especially when your grades improve! The sooner the better, so get started now. Do not procrastinate.
- 2. Seek to understand your optimal learning style.** This is not the same for anyone. Find out what method of study works best for you. Is it visual? Auditory? Interacting with the models, or with others? Forming a study group? If flashcards do not work for you, dispense with that method and find another one!
- 3. Time management.** Make the best use of your time. Do not get sidetracked into thinking this course is too hard, or the instructor is unfair, etc. The human body is complex so it stands to reason that studying it will also be complex. In general, for 1 hour in class, study 2 to 3 hours. Be patient, put in the time and keep going.
- 4. Create good personal study spaces.** This is more important than some realize. Creating an effective study environment sets the stage for investing time in an effective way. Being in a space that is not conducive to study (too noisy, disorganized, too many distractions) will not be an effective study strategy for this class.
- 5. Take effective notes.** Taking notes for anything is an important skill. It is not necessary to write every detail presented, focus on recording the essentials. Take note if the instructor says: ***"this is important"***. After every class, review the notes and fill in any relevant content if needed.
- 6. Actively study and find meaning.** Learning involves multiple facets of you. From listening to the professor, reading the text, examining anatomical models, writing notes and terms, and discussing structures with others. A great way to learn is by teaching others, you will quickly find out what you know and do not know. Repetition is essential, but having a good memory is also based on the **meaning** it has. When an association and meaning is formed by an individual, it enhances remembering things, so find the meaning!
- 7. Use all resources available to you.** There are more resources available to students now than ever before – so use them! Especially important is to use the class time as effectively as possible. Ask questions, get help from your instructor, your classmates, and maximize lab time. Outside of class, go to the ASC to use anatomical models. Go to the beautiful library for the quiet and calm study atmosphere. Visit excellent websites for anatomy. Create study groups with classmates to review material and give support to each other.
- 8. Test yourself BEFORE any exam.** After practicing the previous tips, you are ready for the exam, right? How do you know what you know? It is essential that you test yourself **before** an exam or quiz. Doing effective practice questions will reveal where you are strong and where more work is still required. Do it!
- 9. Learn from exams and develop effective response strategies.** Finally, regardless of any performance on an exam, learn from it. Multiple choice and short answer questions are commonplace, so you need to get better at them. Most often students read the questions too fast, or become anxious, or 'overthink' the issue. There are many ways to develop and employ effective test taking strategies which will convert your hard work into better scores. Discover and develop them as soon as possible.