

Exam Weight: _____

Days Until Exam: _____

Reflect on your study habits using the suggestions below

Have you tried some of them? What worked and what didn't? Ready to try something new?
Check off which tasks you'd like to accomplish in preparation for your Anatomy exam.

Structure and Organization

Organized notes make it easier to find information. Making your own notes from the textbook or lecture slide is a great way to review and develop a greater understanding of course material.

Organize notes in a way that builds from basic to more complex concepts.

(For example: ensure that you have a good understanding of anatomical terms such as anterior, posterior, distal, transverse etc., prior to learning muscle insertion or origins.)

Ensure you include images from the textbook or lecture slides in your notes to help identify the location of anatomical structures.

(Tip: use multiple images with different orientations of a specific anatomical Structure to facilitate identification from different perspectives.)

Prior to committing information from your notes to memory, identify and define any terms that you are not familiar with using your textbook or other anatomy resources.

(Hint: look at the ending of anatomically related terms. For instance, connective tissue in muscle ends with the suffix "mysium". E.g. endomysium, perimysium, and epimysium.)

Comprehension/Understanding

Ensure you have a good understanding of fundamental anatomical concepts such as anatomical nomenclature (transverse, medial, distal, flexion). Identifying bones and muscles builds from these fundamental concepts.

Try breaking down anatomical words to help identify their meaning. Many anatomical terms are derived from Greek or Latin origins. For example, the word osteocyte means bone cell. "Osteo" translates to the word bone, and many cell-types end with the suffix "cyte" which means 'hollow vessel' in Greek.

Review previous tests and quizzes or try out questions available in the assigned textbook. Reviewing previous tests and quizzes can help you to identify areas of weakness and strength regarding prior content. *(What about the previous content did you not understand? Why is your incorrect answer false?)*

Talk with peers, professors, teaching assistants, or PAL Centre Learning Peers about concepts or questions that you are having difficulty understanding.

Memory Strategies

Anatomy requires a lot of memory work. Consider using these memory strategies to facilitate learning anatomy concepts.

Mnemonics: there are many mnemonics already created online or you can make your own. For instance, a mnemonic you could use for bowel components is:

Dow Jones Industrial Average Closing Stock Report

Duodenum, Jejunum, Ileum, Appendix, Colon, Sigmoid, Rectum

Flashcards: You can create your own anatomy flashcards to practice identifying anatomical structures or you can purchase anatomy flashcards from the Western Bookstore.

Helpful Tips

These are some additional suggestions to help you succeed in an anatomy course.

Review course content on a weekly basis. There is a large amount of memorization required in anatomy. Keeping up to date with the new content each week will better prepare you for midterms and exams. *Cramming course content is not recommended in anatomy courses due to the large volume of material.*

Attend lab hours if they are offered. Ensure that you are able to identify a muscle, bone, or landmark from multiple perspectives. During a bell-ringer test, the orientation of a body part may be different from what you are used to studying in your textbook. For instance, a leg may be in a vertical position as opposed to horizontal. Compare your notes to the physical anatomical structure. *Are you able to identify the structure? Does the orientation look different from your textbook's picture?*

Try out some online resources. There are apps that help you practice identifying anatomy landmarks. **Tortora** offers an online textbook with many practice tests and activities such as identifying landmarks, muscles, or bones. *Check out this resource: <https://tinyurl.com/y3ulevvv>*