

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 next Biology exam.

Structure and Organization

Organized notes make it easier to find information. You may consider creating your own condensed summary notes. Summary notes do not replace your original lecture notes, but aid as a review tool. Time the completion of your notes accordingly.

- Gather and organize lecture slides with notes either in electronic or printed form
- Make a topic list to serve as a study checklist
- Create a central document of learning objectives
- Outline key points under Learning Outcomes
- Add important diagrams to the Learning Outcomes

Comprehension/Understanding

Students cite the importance of making connections in biology. Generating questions that encourage the comparison of topics and the application of concepts can support "deeper" understanding.

- Identify Learning Outcomes that promote application/"deeper" thinking
- Make note of chemical/physical concepts within a biological concept
(eg. Identify examples of Redox and Thermodynamics in photosynthesis)
- Analyze past quizzes/exams
(Why is correct response true? Why are incorrect responses false?)
- Engage in Elaborative Interrogation of summary notes
(Generating explanations for why a stated fact is true)
- Create Concept Maps
- Discuss topics with study group/study partner/PAL Peer

Self-Testing

Students often report difficulty in finding ways to test themselves in biology because of a lack of questions available. Instead, focus on your ability to recall and elaborate on information from your notes and analyze past quizzes/midterms.

- Explain Learning Outcomes from memory
- Recreate lecture diagrams for yourself or with a friend
- Generate challenging questions
(What if this protein was broken?)