

## ESS and SI Leader Tips on How to Succeed in Biology 116/117

*ESS has asked our Supplemental Instruction (SI) leaders to share their best strategies for doing well with particular courses. Here are their recommendations for Biology 116/117.*

1. Before class, read the subtitles and have a general idea of what will be covered during the class.
2. Listen, take notes, and tape record if necessary. This is one of the classes where everything that the professor says is important!
3. Read over the material for main points. Read again for depth. Read again for details and then again until you know the concepts completely.
4. Reread your lecture notes and lab material after class. Go over notes after class, before bed, and right before lectures.
5. Make note cards for terminology. Make a vocabulary sheet/or flashcards, and keep them with you at all times. The more you rehearse the material, the easier it will be to remember!
6. Create mnemonic devices for learning material.
7. Break the material down into smaller parts, and study a chunk at a time.
8. Visualize the material as you learn it to help you see how various systems work.
9. Be active when studying. Ask questions about the placement, function, components, etc.
10. Do not wait till the night before to cram for the exam. You will get frustrated and will not be successful.
11. Read the materials, and repeat the material back to yourself.
12. Create a study group. Quiz and ask each other potential test questions.
13. Attend SI sessions! Use SI materials to study.
14. Know the material. Do not just learn it. Knowledge is the ability to use what you have studied and apply it.

