

APPLIED HUMAN PHYSIOLOGY W/ LAB

APK 2105C ~ 4 CREDITS ~ SPRING 2020

INSTRUCTOR: **Linda Nguyen, Ph.D.**
 Office: FLG 144
 Email: linda.nguyen@ufl.edu
 Preferred Method of Contact: CANVAS email for current students

OFFICE HOURS: Office hours will be posted in CANVAS and students may request meetings by appointment via CANVAS email.

LECTURE TIME/LOCATION: MWF Period 4 (10:40-11:30am) / WEIM 1064

LAB TIME/LOCATION: Students meet for lab once a week for two periods:

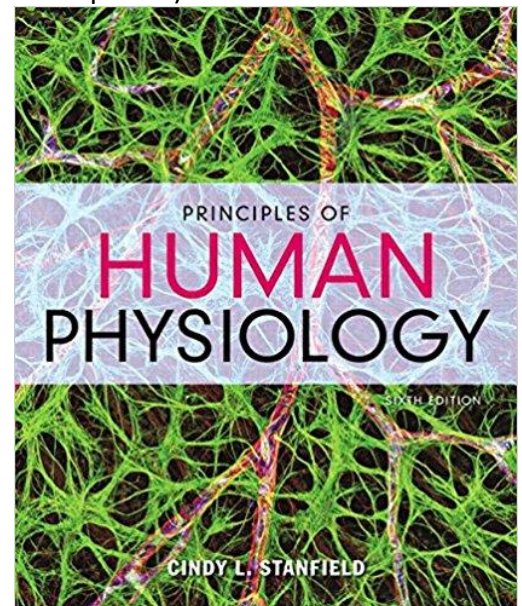
CLASS #	LAB TIME	LAB LOCATION
10635	W Period 7-8 (1:55 PM – 3:50 PM)	FLG 107E
10637	F Period 2-3 (8:30 AM – 10:25 AM)	FLG 107D
10638	M Period 2-3 (8:30 AM – 10:25 AM)	FLG 107D
10639	T Period 6-7 (12:50 PM – 2:45 PM)	FLG 107E
10640	T Period 3-4 (9:35 AM – 11:30 AM)	FLG 107D
10680	M Period 2-3 (8:30 AM – 10:25 AM)	FLG 107E
10681	R Period 3-4 (9:35 AM – 11:30 AM)	FLG 107E
10682	T Period 1-2 (7:25 AM – 9:20 AM)	FLG 107E
10689	F Period 1-2 (7:25 AM – 9:20 AM)	FLG 107E
10693	R Period 1-2 (7:25 AM – 9:20 AM)	FLG 107E
24919	R Period 3-4 (9:35 AM – 11:30 AM)	FLG 107D

COURSE DESCRIPTION: This physiology course will introduce students to the functions of the human body at the cellular, tissue, organ, systemic, and organismal levels with heavy emphasis on mechanisms of action.

PREREQUISITE KNOWLEDGE AND SKILLS: There are no course prerequisites for this course; however, students must have at least a sophomore standing. Any previous experiences in the following areas will be helpful to students: medical terminology, anatomy, physics, chemistry, and/or biology. To be clear: you do not need to have taken any of these courses to be successful in this course.

REQUIRED AND RECOMMENDED MATERIALS: For this course, students will need access to two resources: (1) the textbook, and (2) MasteringA&P website (My Lab and Mastering; where homework and online lab modules will be completed).

Once classes begin, students can “Opt-In” to MasteringA&P access through a link/instructional documents provided in CANVAS for a reduced price and pay for these materials through their UF student account. This option gives students access to an e-version of the textbook AND access to MasteringA&P. To do this, log into your CANVAS account and navigate to the APK 2105c course homepage. On the left-hand side of the window, select My Lab and Mastering—then follow the prompts accordingly. Students who do not choose this option will be able to purchase an access code through the UF Bookstore. Both options provide access to the same online materials. There will also be a discounted, loose-leaf version print version of the textbook available at the UF Bookstore for students who would like a physical text for the course.



If you already have a copy of the textbook, you will still need to purchase the access code that provides you access to My Lab and Mastering/MasteringA&P; there is not a way to purchase an access code without the e-textbook, these materials are bundled together.

Textbook: Principles of Human Physiology by Cindy L. Stanfield, 6th edition. Pearson.

COURSE FORMAT: Students will attend live lectures three times each week (MWF Period 2) and live lab once each week (2 period-block...see table above). Students should read required textbook pages, print out or download PDF lecture slides complete the appropriate PhysioEx lab module before coming to lecture or lab.

PURPOSE OF COURSE: The purpose of this course is to introduce students to physiology (the study of how the body’s structures function) and to present information and engage students in a way that promotes critical and creative thinking within the context

of health and movement studies. Students will be asked to not only identify important structures of the human body, but integrate the functions of these basic structures together at all levels of the hierarchical organization (molecular, cellular, tissue, organ, and organ system) so that the information can be applied to novel, clinical scenarios. This applied method of teaching physiology is intended to enhance the long-term retention of the concepts covered and prepare students for future courses and experiences which may require health or movement-based communication and problem solving.

GENERAL EDUCATION SUBJECT AREA GOALS: Biological science courses provide instruction in the basic concepts, theories and terms of the scientific method in the context of the life sciences. Courses focus on major scientific developments and their impacts on society, science and the environment, and the relevant processes that govern biological systems. Students will formulate empirically-testable hypotheses derived from the study of living things, apply logical reasoning skills through scientific criticism and argument, and apply techniques of discovery and critical thinking to evaluate outcomes of experiments.

COURSE LEARNING OBJECTIVES: The following table describes the UF General Education student learning outcomes (SLOs) and the specific course goals for APK 2105c. By the end of this course, students should be able to:

Gen Ed SLOs	APK 2105c Course Goals	Assessment Method
Content: Demonstrate competence in the terminology, concepts, methodologies and theories used within the discipline.	<ul style="list-style-type: none"> • Describe the basic structures as well as the basic and more complex functions of the cell, the endocrine, nervous, muscular, cardiovascular, respiratory, and renal systems • Name and give examples of key physiological themes and basic regulatory mechanisms for sustaining life/health (e.g. homeostasis, negative and positive feedback) • Explain how major systems of the body are integrated and how these interactions influence homeostasis 	<ul style="list-style-type: none"> • Weekly lab quizzes • Lecture exams • Online homework • Online lab modules
Communication: Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.	<ul style="list-style-type: none"> • Use correct anatomical, physiological, scientific, and medical terminology to describe and explain physiological phenomena, experiments used to study such phenomena, and how disease or injury impacts those processes 	<ul style="list-style-type: none"> • Lab reports (rubric and policies outlined in grading section)
Critical Thinking: Analyze information carefully and logically from multiple perspectives, using	<ul style="list-style-type: none"> • Predict how perturbations (e.g., disease, experimental manipulations) will alter physiological function and identify the mechanisms of action involved 	<ul style="list-style-type: none"> • Weekly lab quizzes • Lecture exams • Online lab

discipline specific methods, and develop reasoned solutions to problems.	<ul style="list-style-type: none"> • Generate and interpret various graphical representations and results of physiological data 	modules <ul style="list-style-type: none"> • Lab reports
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COURSE AND UNIVERSITY POLICIES:

ATTENDANCE POLICY: LECTURE: Try your best to attend all lectures. Although attendance is not required, it is ABSOLUTELY imperative for your success in this course. Students who have planned travel during this course are encouraged to register for a different semester if multiple days of class will be missed. *Lecture video links are for use only by students currently registered for the WEB section of APK2105c. **Watching the video lectures should NOT be substituted for attending live lectures as content and emphases in the live lectures may deviate from pre-recorded lectures.** Saving, sharing or posting of these lecture videos anywhere is strictly prohibited and will be processed as an Honor Code violation.*

LAB: Attendance will be taken in lab, however, no points are associated with lab. Attend the lab section for which you are enrolled, not the one most convenient for you on any given day. If you have to miss your lab, please make arrangements with your TA to attend another lab section that week. You must also fill out a lab make-up form (posted in CANVAS as part of your lab materials), provide medical documentation (if absence is due to illness) and have the TA of the lab section you attended instead of your own sign it and return it to your TA. **More than one un-made-up lab will result in a partial letter grade penalty of your final grade.** For example, if you earned a B+ in the course, but missed two labs that were not made-up by attending another section, you would receive a B in the course. The following are not appropriate excuses for missing lab: work, volunteer position, vacation.

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and our University:

- Read and refer to the syllabus
- Arrive to lecture and lab on time (a few minutes early)
- Show respect for the authority of the course instructor and graduate TAs through politeness and use of proper titles (e.g., “Dr. Ahlgren” or “Doc. A”)
- Use of professional, courteous standards for all emails and discussions:
 - Descriptive subject line
 - Address the reader using proper title and name spelling
 - Body of the email should be concise but have sufficient detail
 - Give a respectful salutation (e.g., thank you, sincerely, respectfully)
 - No textspeak (e.g., OMG, WTH, IMO)
- No texting or checking Face Book (or the like) during class/lab instruction time
- No personal conversations during class/lab instruction time

- Adherence to the UF Student Honor Code:
 - <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
 - Honor code violations of any kind will not be tolerated and sanctions will be determined by the course instructor for first-time violators
 - Any use, access, or handling of technology during an exam will result in a zero on the exam **and** potential failure of the course
 - All allegations, regardless of the severity, will be reported to the Dean of Students Office for University-level documentation and processing
 - *Sharing or posting of the lecture videos anywhere is strictly prohibited and will be processed as an Honor Code violation. Students who are aware of such sharing/posting of the lecture videos are obligated to disclose that information to their course instructor.*
 - **Any and all lecture video links are for the specific use by students that are currently registered for the WEB section of APK2105c only.**

EXAM MAKE-UP POLICY: Make-up exams will be given at the discretion of the instructor. To schedule a make-up exam, please fill out the **make-up exam request form** posted in CANVAS and submit it to your course instructor. Documentation will be required. Unexcused missed exams will result in a zero on the exam (this includes contacting the instructor **after** the exam if you are ill). *You are absolutely not permitted a make-up exam for personal travel/vacations, so please make your travel arrangements accordingly; this includes requesting to take an exam early for personal travel/vacations (i.e. Spring Break and/or final exams). Additionally, many students will encounter having multiple exams in one day. This is also not a permissible reason for a make-up exam and any requests will be denied.* If you have a serious emergency or life event, please contact the Dean of Students Office (www.dso.ufl.edu) and they will contact your instructors so that you do not have to provide documentation of the emergency/death in order to get a make-up exam. Requirements for class attendance and make-up exams, assignments, and other work are consistent with the university policies that can be found at <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

ACCOMMODATING STUDENTS WITH DISABILITIES: Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

Students registered with the DRC: DRC-registered students will take their lecture exams at the DRC. I strongly recommend that you **submit all lecture exam requests through the DRC in the first week of classes/after the drop-add period to ensure that they are approved in a timely manner.** It is the DRC students' responsibilities to submit their

request in accordance to the DRC policies and failure to do so results in an inability for the student to take their lecture exam at the DRC and may have to test with the regular class without their accommodations.

COURSE EVALUATIONS: Students evaluations are conducted through GatorEvals. This evaluation system is designed to be more informative to instructors so that teaching effectiveness is enhanced and to be more seamlessly linked to UF's CANVAS learning management system. Students can complete their evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/> . Thank you for serving as a partner in this important effort.

GETTING HELP:

Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
<http://www.police.ufl.edu/>

Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

GRADING:

The following table outlines the point-accruing components of the course. To calculate the final grade, total points earned in the course will be summed and divided by 590.

Evaluation Components	Points Possible (out of 605)	% of Total Grade
Lecture Exams (4)	50 pts X 4 exams = 200 pts	200 / 590= 33.9%
Lab Quizzes (10)	15pts X 10 quizzes = 150pts	150 / 590= 25.4%
Lab Modules (PhysioEx) (7)	10 pts X 7 modules = 70 pts	70 / 590 = 11.9%
Homework (4)	40 pts X 4 assignments = 160 pts	160 / 590 = 27.1%
Syllabus Quiz (1)	10 pts X 1 quiz = 10 pts	10 / 590 = 1.7%

Syllabus Quiz - The syllabus quiz will consist of 10 questions, 1 point per question. Students will be given an unlimited number of attempts on the quiz and to access all course material, students must receive a score of 10 points. It is recommended that students complete the quiz as soon as possible in order to unlock the course material. Students will receive a zero for the syllabus quiz if it has not been completed prior to taking to Exam 1.

Lecture Exams – Each exam will consist of 40 questions, 1.25 points per question. Questions will be multiple choice and true/false. Students are not permitted access to any kind of materials or notes during these exams. Exam questions are generated by the course instructor and the majority of focus should be given to the lecture notes when studying. Students will take exams in the same room where weekly meetings are held and will be allowed a class period (i.e. 50 minutes) to complete the exam. **If you are late to an exam and the exam has already started: you will still be allowed to take the exam provided that no one has already turned in their exam and scantron and has left the room and you will only have the remaining time in the exam period to finish.** *If a student has already handed in their exam and has left, you will not be permitted to take the exam and may be given a zero.*

Exam Reviews: Once lecture exam grades are posted all students are highly encouraged to come to office hours to review their exams. This will allow students to go through the questions and see their correct/incorrect answers and have any questions regarding the exam answered. An announcement on CANVAS will be made when exam review will start. If students are unable to attend the review sessions during office hours, students may also schedule an appointment to go over their exam. **You will not be allowed to review all your previous lecture exams simultaneously at the end of the semester. Students will be allowed to review their exams up until the next lecture exam** (i.e. can only review Lecture Exam 1 before students take Lecture Exam 2, etc.).

Homework – **Each of the four homework assignments is due according to the dates specified in the course schedule.** Homework assignments will be **open for several weeks prior to their due date.** *It will be the student's responsibility to know the due*

dates and to complete the homework assignment in a timely manner. **Requests for homework assignment due date extensions or late submissions (for partial or full credit) will be denied.** Students are able to complete the homework assignments on a rolling basis, i.e. students can complete and submit answers to homework questions a few questions at a time until they complete the assignment by the deadline. It is highly recommended that students complete their homework assignment early than waiting last minute (i.e. the night it is due). Homework assignments can be accessed through Mastering A&P on CANVAS. Homework problems are multiple choice, true/false, fill in the blank, and matching. These questions are specific to the textbook, so that should be your primary resource for answering those questions. **For the fill in the blank questions, spelling and proper tense of the word counts.** These assignments are NOT intended to be used as the primary study tool for preparing for the exams. The function of the homework assignments is to (a) get students more familiar with the textbook, and (b) to get students eased into answering anatomy questions. It is **not** prudent to complete the homework at the last minute as a “practice test.”

The following are specific homework grading guidelines to keep in mind:

- You may open/close an assignment as many times as you wish until it is due.
- For multiple choice and fill-in-the-blank questions, you are penalized 50% if you miss on the first attempt and 100% if you miss on the second attempt. For true/false questions, you are penalized 100% if you miss on the first attempt.
- You are penalized a small fraction for opening a hint if one is available.
- **Late submissions of homework will not be accepted.** However, if you complete some of the questions, but fail to complete all questions prior to the deadline, those completed will be automatically submitted at the due date/time and added to the gradebook....so, *you are encouraged to complete questions as you go.*

Lab Modules – Each lab module is a PhysioEx lab that can be accessed through MasteringA&P through CANVAS. **PhysioEx Labs will close Friday at 11:59pm the week a PhysioEx lab is due.** **While the deadline for each PhysioEx Lab is on a Friday, it will be imperative for you to complete the lab module prior to your lab for that particular week since your lab participation will be based on your ability to discuss the procedure and result of a PhysioEx lab** (i.e. even though it is due on a Friday but you have lab on Tuesday, you need to complete the PhysioEx before your lab on Tuesday). You have 6 hours to complete each lab module and accompanying questions; however, these should not take longer than 2 hours each. **If you miss the submission deadline, you will not be allowed to complete the lab for credit (partial or full).** Once you open the lab, you can close it and return to complete it, but the timer will not stop...so please plan to complete the lab module and questions in one setting to avoid being timed out and ensure that you have access to a reliable internet source while completing the lab module.

Lab Quizzes – Each lab quiz/assessment is worth 15 points and will be a combination of multiple choice, true/false, fill in the blank, matching, short answer and/or labeling questions. Lab quizzes will cover material learned in the PhysioEx lab modules, in-lab discussion and/or lab experiments. Quizzes will be generated by your lab TA. The following rubric will be employed to assess responses to short answer questions only. *Students who fail to reach the satisfactory level of achievement according to this rubric will be asked to submit a one-page written report on a related physiological topic for re-assessment, due at the next lab meeting. Students who do not submit a re-assessment following an unsatisfactory rating will earn a zero on the lab assessment that week.*

Unsatisfactory (U) Does Not Meet Minimum Expectations (0-1.5 pt)	Satisfactory (S) Meets Minimum Expectations (1.6-3.0 pts)	Excellent (E) Exceeds Expectations (3.1-4 pts)
<ul style="list-style-type: none"> • Incomplete sentences • Excessive grammatical errors, including spelling (≥ 3) • Parts of the question were unanswered • Answers demonstrates lack of understanding 	<ul style="list-style-type: none"> • Complete sentences • Few grammatical errors, including spelling (< 3) • All components of the question were answered • Answer demonstrates <u>basic</u> understanding • Mostly correct use of scientific/medical terminology 	<ul style="list-style-type: none"> • Complete sentences • Little to no grammatical errors, including spelling (≤ 1) • All components of the question were answered • Answer demonstrates a more <u>comprehensive</u> understanding • Correct use of scientific/medical terminology

GRADING SCALE: All grades will be posted directly into the CANVAS gradebook. Any discrepancies with points displayed in gradebook should be pointed out to the instructor before the last day of class. **There is no curve for this course and final grades will not be rounded up.** See the UF undergraduate catalog web page for information regarding current UF grading policies: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>. *Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.*

Minus grades are not assigned for this course. A minimum grade of C is required for all General Education courses, such as this one.

Letter Grade	Points Needed to Earn Each Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	531-590.0	90.00-100%	4.0
B+	513.30-530.99	87.00-89.99%	3.33
B	472.00-513.29	80.00-86.99%	3.0
C+	454.30-471.99	77.00-79.99%	2.33
C	413.00-454.29	70.00-76.99%	2.0
D+	395.3-412.99	67.00-69.99%	1.33
D	354.00-395.29	60.00-66.99%	1.0
E	0-353.99	0-59.99%	0

WEEKLY COURSE SCHEDULE:

The following table represents current plans for the term. Any changes to this plan will be posted in CANVAS as an announcement.

Required readings for each chapter: Follow the [highlighted sections that have been specifically selected for each chapter within the e-text in Mastering](#). You will often see an “I” or an icon associated with these highlighted sections to denote these highlights have been done by the course instructor.

	Dates	Lecture (Textbook Chapter: Pages)	Lab Activities/Assessments (<i>due dates</i>)
Week 1	Jan 6-10	Syllabus Intro to Physiology Cell Structure & Function	No labs
Week 2	Jan 13-17	Cell Structure & Function Cell Metabolism	Lab 1 – Intro to Lab/Graphs/Reports (2hrs)
Week 3	Jan 20-24	Cell Metabolism <i>Mon. Jan. 20th is a holiday...no class or labs</i>	Lab 2 –Transport Mechanisms Quiz 1 <i>Complete PhysioEx 1 on your own prior to your lab</i> <i>Mon labs attend a different section</i>
Week 4	Jan 27-31	Cell Metabolism Exam 1 – Chapters 1, 2, and 3 – Fri. Jan. 31st HW 1 due Fri. Jan. 31st at 11:59pm	Lab 3 – Enzyme Kinetics (2hrs) Quiz 2
Week 5	Feb 3-7	Cell Membrane Transport Chemical Messengers	Lab 4 – Metabolism (2hrs) Quiz 3
Week 6	Feb 10-14	Chemical Messengers Endocrine System	Lab 5 – Endocrine Phys Quiz 4 <i>Complete PhysioEx 4 on your own prior to your lab</i>

Week 7	Feb 17-21	Neural Signaling Neural Integration	Lab 6 – Neurophys. Quiz 5 <i>Complete PhysioEx 3 on your own prior to your lab</i>
Week 8	Feb 24-28	Neural Integration Exam 2 – Chapters 4, 5, 6, 7, and 8 – Wed. Feb. 26th HW 2 due Wed. Feb.26th at 11:59pm Muscle Physiology	Lab 7 – Neuromuscular (2hrs)
Week 9	Mar 2- 6	<i>Spring Break – no classes or labs</i>	No Labs
Week 10	Mar 9-13	Muscle Physiology Cardiac Function	Lab 8 – Muscle Phys. <i>Complete PhysioEx 2 on your own prior to your lab</i> Quiz 6
Week 11	Mar 16-20	Cardiac Function	Lab 9 – Cardiovascular Phys. (2hrs)
Week 12	Mar 23-27	Vessels & Pressure	Lab 10 – Cardiovascular Function Quiz 7 <i>Complete PhysioEx 5 on your own prior to your lab</i>
Week 13	Mar 30-Apr 3	Vessels and Pressure Exam 3 – Chapters 12, 13, and 14 – Wed. Apr. 1st HW 3 due Wed. Apr. 1st at 11:59pm Pulmonary Ventilation	Lab 11 – Pulmonary Function (2hrs) Quiz 8
Week 14	Apr 6-10	Pulmonary Ventilation Gas Exchange	Lab 12 – Acid-Base Physiology Quiz 9 <i>Complete PhysioEx 10 on your own prior to your lab</i>
Week 15	Apr 13-17	Gas Exchange Renal Function	Lab 13 – Renal Physiology Quiz 10 <i>Complete PhysioEx 9 on your own prior to your lab</i>
Week 16	Apr 20-22	Renal Function Fluid/Electrolyte Balance (19: 531-548) HW 4 due Fri. Dec. 6 at 11:59pm <i>Apr. 23 and 24 are reading days</i>	No Labs – Wed-Fri is a holiday
		Exam 4 – Chapters 16, 17, 18, and 19 Wed. Apr.29th 3:00-5:00 PM – WEIM1064	

***All PhysioEx lab modules are due on Friday at 11:59pm the week a PhysioEx lab is scheduled**

Success and study tips:

Study tips for Dr. Nguyen's class:

- Read from the text BEFORE attending lecture. Do not take notes, underline, highlight, or attempt to memorize anything...JUST READ and enjoy!
- Snow-ball the lecture notes. Begin studying lecture material immediately after the first lecture. Then, after the second lecture, begin your studies with day one lecture material. Continue this all the way up to the exam.
- If there is something in the textbook that was NOT in lectures, you are not expected to know it. There is a lot in the text that we don't have time to cover.
- Re-write questions. Taking complex questions and breaking them down to identify exactly what the question is REALLY asking for is very helpful. It is also very helpful to look at incorrect answer choices and identify what makes those choices wrong. Ask yourself, "How could I make that statement correct?" **You can practice this with the critical thinking questions at the end of each chapter.**
- Google novel images. For example, if there is a picture of the brainstem in your notes, Google "brainstem images" and see if you can identify the structures from the lecture.
- Google diseases or drug mechanisms of action. For example, if we are studying bone tissue, Google "bone disease". Click on any link and just read a paragraph to see if you can understand based on what you now know about bone tissue anatomy. If you don't understand it, that's okay...did you recognize any words?
- If you have a study group or a study buddy, talk through the material out loud....verbalizing the information is VERY different than knowing it in your head – talk in the mirror or even to your pet goldfish if you don't have a friend around
- If you are a visual learner, make a concept map.... try to see how different parts of the body relate to one another. What are similarities and differences between structures?

Success tips for Dr. Nguyen's class:

- Do not fall behind. This course moves at a **VERY FAST** pace...and you can easily get overwhelmed if you procrastinate. Avoid studying at the last minute. Complete the homework as you go...do not leave it for the day before the exam.
- Stay organized. Keep track of all important due dates and move through each day in a uniform manner so that you are always aware of what you have done and what is left to be completed.
- Check CANVAS announcements/emails daily...just pretend it is Facebook for school. Your course instructor will post important and helpful information (such as friendly reminders of due dates) as announcements.
- Utilize the Undergraduate Teaching Assistants (UGTAs). These students have earned an A in the course recently and can help you with both lecture and lab.
- Have a positive attitude! THIS STUFF IS COOL!

- Come see me during office hours or make an appointment to ask any questions you have on the course material....no question is too inconsequential! Please ask questions!

Personal note from Dr. Nguyen:

If you are totally overwhelmed by the stresses of your semester and feel like you just can't handle the pressure, please contact me or someone at UF's Counseling and Wellness center.

