UF College of Health & Human Performance
Department of Applied Physiology and Kinesiology
UNIVERSITY of FLORIDA

APPLIED HUMAN ANATOMY W/ LAB

APK 2100C ~ 04 CREDITS ~ SPRING 2021

INSTRUCTOR: **Joslyn Ahlgren, Ph.D.** (she/her/hers)
Office: FLG 108 Office Phone: 352-294-1728
Email: jahlgren@ufl.edu
Currently enrolled students: please use CANVAS email

PERSONAL NOTE FROM DOC. A: If you are totally overwhelmed by the stresses of your semester and feel like you just can't handle the pressure, please reach out to me—I'd like to help.

Also, it is important to me that you feel welcome and safe in this class; and that you are comfortable communicating with me, your TA, and your classmates. If your preferred name is not what shows on the official UF roll, please let me know. I would like to acknowledge your preferred name and pronouns that reflect your identity. You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records.

Finally, Anatomy is all about the human body. That includes things like skin/hair/eye color, differences and similarities from one individual to the next, and even myths about body parts. I am committed to using this course content to help students become actively anti-racist and feel more comfortable, competent, and caring when discussing controversial issues related to the body. If you have ideas for me along these lines or feel uncomfortable at any point, please reach out to me—I'd love to hear your perspectives and have a conversation.

OFFICE HOURS: All office hours will be held via zoom and a schedule with login information will be posted in CANVAS

LECTURE TIME/LOCATION: MWF Period 4 (10:40-11:30am) CSE A101 & Zoom

Due to the unique circumstances surrounding the covid-19 pandemic, this course will enforce physical distancing in the classroom. Only student registered for the live sections are permitted attendance at live lectures in CSE A101. Students registered for the 80-99% online sections will attend lectures via Zoom (a link and password will be provided in CANVAS). Zoom lectures will be recorded and posted online within 48 hours. Please know that your course instructor has been teaching online for eight years and is confident that you will have an outstanding learning experience—*even if online courses are not your favorite*.

LAB TIME/LOCATION: FLG 107A

Physical distancing will be enforced during labs. Attendance in labs will not be mandatory this semester. Due to space limits of our laboratories, each section will be permitted access to the labs for one of the two periods assigned to them for lab meetings (see table below). TAs will email their sections in CANVAS to let them know which period they are allowed to attend each week.

CLASS #	LIVE OR WEB LECTURE	LAB DAY AND MEETING TIME (EST)
10721	Live	R | Period 2-3 (8:30 AM – 10:25 AM)
26163	Web	R | Period 2-3 (8:30 AM – 10:25 AM)
10727	Live	W | Period 6-7 (12:50 PM – 2:45 PM)
26173	Web	W | Period 6-7 (12:50 PM – 2:45 PM)
10728	Live	M | Period 2-3 (8:30 AM – 10:25 AM)
26177	Web	M | Period 2-3 (8:30 AM – 10:25 AM)
10730	Live	M | Period 6-7 (12:50 PM – 2:45 PM)
26178	Web	M | Period 6-7 (12:50 PM – 2:45 PM)
10731	Live	T | Period 8-9 (3:00 PM - 4:55 PM)
26179	Web	T | Period 8-9 (3:00 PM - 4:55 PM)
10732	Live	M | Period 8-9 (3:00 PM – 4:55 PM)
26180	Web	M | Period 8-9 (3:00 PM – 4:55 PM)
10733	Live	R | Period 8-9 (3:00 PM – 4:55 PM)
26181	Web	R | Period 8-9 (3:00 PM – 4:55 PM)
10734	Live	T | Period 6-7 (12:50 PM – 2:45 PM)
26184	Web	T | Period 6-7 (12:50 PM – 2:45 PM)

FERPA: Aspects of this course may be recorded for students in the class to revisit. If you participate with your camera engaged or utilize a profile image, you are agreeing to have yourself/image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image

during recorded sessions. Students who un-mute during class and participate orally during recorded sessions are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded, you will need to keep your mute button activated and communicate using the "chat" feature.

COURSE DESCRIPTION: Study of general anatomy of the human body from a systematic approach. Understanding anatomical terminology, gross structures, and locations of different body structures are primary concerns. Cells, tissues, and organs of the integumentary, skeletal, muscular, nervous, circulatory, respiratory, digestive, urinary and reproductive systems are emphasized.

PREREQUISITE KNOWLEDGE AND SKILLS: There are no prerequisites for this course; however, any previous experiences in medical terminology, physiology, physics, chemistry, and/or biology will be helpful to students.

REQUIRED AND RECOMMENDED MATERIALS: Please note that APK2100 will be participating in the UF All Access program this semester. Students will have two options to gain access to the required MasteringA&P materials when classes begin. Students will have a choice to "Opt-In" to MasteringA&P access through a link provided in CANVAS for a reduced price and pay for these materials through their student account. 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.

Textbook: Human Anatomy by Marieb, Wilhelm, Mallatt, 9th edition. Pearson.

COURSE FORMAT: For **LECTURE**, students registered for the live sections will attend lectures in the classroom. Students will show their "cleared" status on their phones upon entry to the classroom and must be masked and sit in designated areas only (look for signage on desks). Students registered for the 80-99% online sections will attend lectures via zoom during the live lectures. A recurring link will be posted in CANVAS for students to use during class times. These zoom lectures will be recorded and posted within 48 hours, so students may attend *during* the lectures or watch the recordings *afterwards*. For **LABS**, all students will watch pre-recorded lab sessions where they will take notes using the provided ppt slides. Additionally, students will be given access to the anatomy lab for one period each week should they want to physically manipulate and study the anatomical models. Lab attendance is not mandatory, but may help students who desire a kinesthetic component to their learning. Normally, anatomy labs are two periods long. Accordingly, each pre-recorded lab is no more than two periods total—*several are much shorter*. For **LAB** and **LECTURE**, students are encouraged to read the textbook pages and print out or download PDF slides posted in CANVAS before viewing recorded lab sessions and/or attending lectures.

PURPOSE OF COURSE: The purpose of this course is to introduce students to anatomy (the study of the body's structures) 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 also to incorporate some of the functions of the structures and tissues so that the information can be applied to novel, clinical scenarios. This applied method of teaching anatomy 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. *The course purpose explains how these objectives will be met.*

COURSE LEARNING OBJECTIVES: The following table describes the UF General Education student learning outcomes (SLOs) and the specific learning objectives for APK 2100c. By the end of this course, students should be able to:

GEN ED SLOS	APK 2100C COURSE GOALS	ASSESSMENT METHODS
Content: Demonstrate competence in the terminology, concepts, methodologies and theories used within the discipline.	• Identify and describe gross and microscopic structures of the organ systems covered. • Describe the relationship between structure and function at all levels of organization (cellular, tissue, organ, system, organism).	• Homework problems • All lecture exams • Lab exams 1 & 2
Communication: Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.	• Communicate with peers and professionals using anatomical terminology.	• Oral communication assessment using anatomical models
Critical Thinking: Analyze information carefully and logically from multiple perspectives, using discipline specific methods, and develop reasoned solutions to problems.	• Predict functions of unknown body structures if given the anatomical make-up or vice-versa (predict anatomical make-up of body structures if given clues about function). • Predict potential causes of disease/injury symptoms from a	• Clinical scenario homework problems • All lecture exams • Lab Exam 1

	functional anatomy perspective.	

COURSE AND UNIVERSITY POLICIES:

ATTENDANCE AND TARDINESS POLICY: For **LABS**, physical attendance will NOT be mandatory for any students this semester. Due to physical distancing adherence, students are only allowed to visit their lab to study the anatomical models during the one-hour period designated by their TA and emailed to students during week one of classes. For **LECTURES**, only students registered for the live sections of the course are permitted physical attendance in the classroom. Students who are registered for the 80-99% online sections must attend lectures via zoom or watch the recorded/posted zoom sessions. Attendance in the live section will be taken, but attendance will not count towards your grade. For **LAB** and **LECTURE**, students will be required to adhere to all UF guidelines regarding covid-19 and public safety measures, including mask wearing, hand washing, physical distancing, sitting only in designated areas within the classroom, and maintaining distancing when waiting to enter and exiting the lab. Students will be asked to show their "cleared" status on their cell phones upon entry to the lab or classroom and should have this ready prior to the start of class. Accordingly, tardiness will not be tolerated. If no students arrive to lab in the first 15 minutes of a given period, lab will not be held for that period. Repeated tardiness will result in point deductions to extra credit.

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 zoom meetings 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 social media during lecture/lab instruction time
- No personal conversations during lecture/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** further sanctions (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

MAKE-UP POLICY: Make-ups (exams or assignment extensions) will be given at the discretion of the instructor. To schedule a make-up, please fill out the **make-up request form** posted in CANVAS and submit it to your course instructor via CANVAS email. Documentation will be required. Make-ups will not be granted for personal travel/vacations. Additionally, many students will encounter having multiple exams in one day. Only if another exam is scheduled for the same time/overlaps with this course's exams will a request be considered. In the case that a student misses an exam due to an unexcused reason (i.e. overslept, mixed up the exam time, forgot about differences in time zones, etc.), the exam can be taken with a 20% penalty if taken within 24 hours of the original exam time or with a 40% penalty if taken within 48 hours of the original exam time.

A student experiencing an illness should visit the UF Student Health Care Center or their preferred healthcare provider to seek medical advice and obtain documentation. If you have an illness, family emergency or death, please contact the Dean of Students Office (www.dso.ufl.edu) and follow the DSO Care Team procedures for documentation and submission of a request for make-up assignment (https://care.dso.ufl.edu/instructor-notifications/). The DSO will contact the instructor. Do not provide any documentation to the instructor regarding illness or family emergency. This is your personal and protected information. The DSO is qualified to receive and verify the documents you provide. The instructor will follow the recommendations from the DSO.

Requirements for class attendance and make-ups, 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.

USABILITY, DISABILITY AND DESIGN: I am committed to creating a course that is inclusive in its design. If you encounter barriers, please let me know immediately so that we can determine if there is a design adjustment that can be made or if an accommodation might be needed to overcome the limitations of the design. I am always happy to consider creative solutions as long as they do not compromise the intent of the assessment or learning activity. You are also welcome to contact the Disability Resource Center's Getting Started page at https://disability.ufl.edu/students/get-started/ to begin this conversation or to establish accommodations for this or other courses. I welcome feedback that will assist me in improving the usability and experience for all students. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester. *It is imperative that you verify your specific access needs with your course instructor at least 48 hours PRIOR to scheduled assessments.*

COURSE EVALUATIONS: Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at https://gatorevals.aa.ufl.edu/students/. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via https://ufl.bluera.com/ufl/. Summaries of course evaluation results are available to students at https://gatorevals.aa.ufl.edu/public-results/.

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 opti on 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/
- 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/

INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY (IDEA) RESOURCES

For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Leo Ferreira, APK IDEA Liaison, ferreira@hhp.ufl.edu
- Dr. Rachael Seidler, APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, jahlgren@ufl.edu

GRADING:

The following table outlines the point-accruing components of the course. The total points earned from each component will be summed and divided by 700. Any changes to this due to mid-semester interruptions will be posted as an announcement in CANVAS.

EVALUATION COMPONENTS (NUMBER OF EACH)	POINTS PER COMPONENT	APPROXIMATE % OF TOTAL GRADE
Lecture Exams (4)	60 pts each = 240 pts	240/700 = 34.5%
Homework (20)	10 pts each = 200 pts	200/700 = 28.5%
Lab Exams (2)	100 pts each = 200 pts	200/700 = 28.5%
Communication Assessment (1)	10 pts each = 10 pts	10/700 = 1.5%
Comprehensive Final (1)	50 pts each = 50 pts	50/700 = 7%
Extra Credit	15 points possible	0%

LECTURE EXAMS – Each exam will consist of 40 questions, 1.5 points per question, and formats including multiple choice, true/false, matching, and multiple answer. Exams will be administered in the form of CANVAS quizzes. Students will take their exams in CANVAS using Honorlock proctoring service. 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 and chapter learning objectives when studying. Students will be allowed 50 minutes to take these mid-term exams. Practice exam questions will be available in CANVAS.

HOMEWORK – Homework in MasteringA&P will be due Fridays at 11:59pm each week. Homework problems are multiple choice, true/false, fill in the blank, multiple answer, and matching. These questions are specific to the textbook, so that should be the primary resource for answering those questions. However, these are open-resource assignments, so students are encouraged to work on these question sets with peers. 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.

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 the fill in the blank questions, spelling and proper tense of the word counts.
- 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 will be penalized 25% per day.

LAB EXAMS – Lab exams will consist of 80 multiple choice questions, 1.25pts per questions. Lab exams will be in the form of a 60-minute CANVAS quiz. Students will take their exams in CANVAS using Honorlock proctoring service and will have a 24-hour window to take the exam. Students are not permitted access to any kind of materials or notes during these exams and sharing of information on any exams will be processed as honor code violations. Practice lab exam questions will be available in CANVAS.

COMMUNICATION ASSESSMENT – Students will be assessed on their ability to effectively communicate using anatomical terminology. This assessment can be done in-person or via zoom—please make those arrangements directly with your Lab TA. Students will select any colored image of an anatomical structure and orally describe it and answer basic questions about it. If completing in-person, an actual anatomical model can be used. A grading rubric for this assessment will be posted in CANVAS for you review and prepare with. Lab TAs impose their own deadlines for the completion of this communication assessment. Students who fail to complete their communication assessment by the TA's imposed deadline will be given a zero.

COMPREHENSIVE FINAL – The final exam will consist of 80 multiple-choice and true-false questions, each worth 0.625 pts. You will be allowed two hours to complete this exam. Similar to lecture exams, this will be in the form of a CANVAS quiz using Honorlock. A study guide will be posted in CANVAS to assist you in studying for this exam and practice questions will be provided. *Students are encouraged to wait until after the last midterm to focus on the final exam study guide.*

EXTRA CREDIT - Students can earn up to 15 points of extra credit in this course through their lab TA. Each TA will assign extra credit differently, so it is the students' responsibility to learn their TA's policies for earning these points. Up to 5 of the 15 points of extra credit can be earned for participating as a subject in an approved research study. Approved studies will be posted in CANVAS throughout the semester. Participation in a research study is NOT necessary to earn the maximum amount of extra credit. Participation in a research study CANNOT earn you more than 15 points of extra credit. If you do participate in a study, the study coordinator will give your name and extra credit points to your instructor at the *end of the semester*. All extra credit points will be uploaded to the gradebook prior the final exam. Any discrepancies must be brought to the attention of your Lab TA before 5pm on the last reading day.

GRADING SCALE: Any discrepancies with the gradebook should be pointed out to the instructor before the final exam. **There is no curve for this course and final grades will not be rounded up**. More detailed information regarding current UF grading policies can be found here: 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. Should points need to be altered during the term (not likely, but things like hurricanes and pandemics can really muck things up), these percentages will still be used to calculate grades (i.e., 90% = A).

LETTER GRADE	POINTS NEEDED TO EARN EACH LETTER GRADE	% OF TOTAL POINTS FOR EACH LETTER GRADE	GPA IMPACT OF EACH LETTER GRADE
A	≥ 630	90.00-100%	4.0
B+	609-629.99	87.00-89.99%	3.33
B	560-608.99	80.00-86.99%	3.0
C+	539-559.99	77.00-79.99%	2.33
C	490-538.99	70.00-76.99%	2.0
D+	469-489.99	67.00-69.99%	1.33
D	420-468.99	60.00-66.99%	1.0
E	≤ 419.99	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.

WEEK	DATES	BOOK CHAPTER - LECTURE TOPIC (READING PGS)	LAB
1	Jan 11 – Jan 15	Ch.1 – Intro to the Body (1-9, 11-13) Ch. 2 – Cells (22-35)	*No Lab – Drop/Add Week*
2	Jan 18 – Jan 22	*Jan 18 is Martin Luther King Jr. Day – No Lecture/Lab* Ch. 4 – Tissues (64-95)	Lab 1 - Axial Skelton (Ch. 7) *Monday labs will not meet due to the holiday*
3	Jan 25 – Jan 29	Ch. 4 continued Ch. 5 – Integumentary (103-116)	Lab 2 - Appendicular Skeleton (Ch. 8)
4	Feb 01 – Feb 05	**Lecture Exam 1 – Monday, Feb 01, 10:40am EST** Ch. 6 – Skeletal (123-141)	Bones Continued
5	Feb 08 – Feb 12	Ch. 9 – Articulations (208-221 and the specific joints covered in lecture) Ch. 10 – Muscular (241-254)	Lab 3 - Muscles: Upper Body
6	Feb 15 – Feb 19	Ch. 10 – Muscular continued Ch. 11 – Muscles (262-266, 270-273)	Lab 4 - Muscles: Lower Body
7	Feb 22 – Feb 26	Ch. 11 – Muscles continued **Lecture Exam 2 – Friday, Feb 26, 10:40am EST**	Review and Practice Practical

8	Mar 01 – Mar 05	Ch. 12 – Intro to Nervous (349-364) Ch. 13 – CNS (374-377, 401-412, Optional: 378-400, 413-419)	**Lab Exam 1** **Wed, Mar 03** **(opens 12am, closes 11:59pm EST)**
9	Mar 08 – Mar 12	Ch. 13 – CNS continued Ch. 14 – PNS (427-428, 432-446, 459-460)	Lab 5 - Articulations, Skin, Eyes/Ears
10	Mar 15 – Mar 19	Ch. 15 – ANS (467-476, 480) **Lecture Exam 3 – Friday, Mar 19, 10:40am EST**	Lab 6 - Nervous System
11	Mar 22 – Mar 26	Ch. 19 – Heart (562-574, 577-580) Ch. 20 – Vessels (588-597, 616--hepatic portal)	Lab 7 – Circulatory System
12	Mar 29 - Apr 02	Ch. 20 – Vessels continued Ch. 22 – Respiratory (645-663)	Labs 8 & 9 – Respiratory & Digestive Systems
13	Apr 05 – Apr 09	Ch. 23 - Digestive (675-711)	Labs 9 & 10 – Digestive & Urinary/Reproductive
14	Apr 12 – Apr 16	Ch. 24 - Urinary (720-736)	**Lab Exam 2** **Wed, Apr 14** **(opens 12am, closes 11:59pm EST)**
15	Apr 19 – Apr 23	**Lecture Exam 4 – Mon, Apr 19, 10:40am EST** Thurs/Fri, Apr 22/23 are Reading days	*No more labs!*
Comprehensive Final Exam – Thursday, Apr 29, 12:30-2:30pm EST			

SUCCESS AND STUDY TIPS:

STUDY TIPS:

- Read from the text BEFORE attending lectures. Do not take notes, underline, highlight, or attempt to memorize anything…JUST READ and enjoy!
- Snow-ball your 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.
- 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. 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?

- Study with others! Even in online classes, students should reach out to others in the class to study in groups using platforms such as zoom or FaceTime.
- Study from the Learning Objectives for each chapter. It is highly recommended that as you study (especially with others), you follow along with the learning objectives. Many students share google docs and split up the work to make comprehensive study guides.

SUCCESS TIPS:

- Stay on top of your schedule. This course moves at a FAST pace…and you can easily get overwhelmed if you procrastinate. Complete the homework as you go and study for the exam on a daily basis.
- 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.
- Utilize the Undergraduate Teaching Assistants (UGTAs). These students have earned an A in my course recently and can help you with both lecture and lab.
- Set up your canvas notifications so that you receive notices when announcements are posted.
- Prepare your study space. Being in an online learning environment can sometimes blur the lines between "home" and "school." To help you get into a mindset for studying, designate a specific area for studying or watching lectures or set up a "school time" ritual for yourself. For example, clear off your table and get a glass of water (or your favorite mug of coffee) every time you set aside time to work on your classes. This could be the same for each class or it could be different depending on what class you are working on at the moment.
- Have a positive attitude! THIS STUFF IS COOL!