

### Start of Semester Preparation

- Complete the following activities **before** the first lecture meeting for the semester. You should come to class with this sheet completed (either digitally or printed out). You will not turn this page in, this is entirely for your preparation.
  - The goal of these activities is to make sure you are prepared for the rigors of studying human anatomy and physiology and to provide you with initial strategies for success.
1. Read the syllabus that was emailed/posted to D2L
    - a. You will have a first day quiz on the syllabus followed by a brief outline and ability to get answers to your questions.
    - b. What questions do you have about the course that you may need to ask on the first day?
  2. Watch the following videos:
    - a. What students should know about how people learn  
(<https://youtu.be/9O7y7XEC66M?si=jAioMvtN4CPIIFSp>)
    - b. Cognitive principles for optimizing learning  
(<https://youtu.be/1xeHh5DnClw?si=BwGjWJGHYhB2zQ9>)
    - c. Putting principles for learning into practice  
(<https://youtu.be/E9GrOxhYZdQ?si=YOmKTo1HRkyL8t4t>)
  3. Write down your answers to the following questions (the answers of which you will discuss with others in class):
    - a. What letter grade do you intend to earn for this course: \_\_\_\_\_
      - i. Why do you need this letter grade?
      - ii. How many points do you need to earn to achieve this grade? \_\_\_\_\_
    - b. Identify 2 specific strategies for deep processing from the videos that you plan to use throughout this semester (depending on class size and time, you may be asked to share this section randomly):
      - 1.
      - 2.
      - ii. What will your use of these strategies look like for you?
      - iii. How are you going to use these strategies (be as specific as possible)?
      - iv. When are you going to use these strategies (scheduling)?