Exam Reflection Paper

Study skills are essential when learning the human anatomy and physiology. There are so many different bones, muscles, systems, parts of the body, Latin and Greek roots, bodily functions, chemistry and how the body works (only to name a few). The answer to why people think human biology is so hard is because there are so many things associated with what we are learning. All in all, it is a lot of material.

For me the environment that works best is in the classroom. I feel as though I am extremely focused, determined, and confident in my professor answering any questions that I might have. Taking the class online, however, has its perks too. I am able to time manage when I should study, when I should take my exams, and I feel as if I am learning much more when I am on my own.

I think the most challenging topics that I found were trying to learn new terms that I haven’t heard of before and really understanding ionic/covalent bonds and how they combine... the Pleural Membranes that are associated with the lungs in a body cavity was extremely new to me. I had a hard time remembering which terms belonged to which body cavity and which membrane was which. There are a few things that really help me study. Writing down as I am learning, making note cards, and taking practice quizzes are probably the three most common practices I use to study. If it’s a memorization problem, I’ll write it on a note card, break down the word, and try to find a part of the word that I can associate with memory. For example, “Pericardial Membrane” breaks up into “Peri” and “cardia.” I know that “-cardia” is associated with the heart so “Pericardial Membrane” is a membrane that is associated with the heart.

I also believe that the labeling exercises, on the blackboard website, help me so much. If you’re a visual learner, like me, this will help you understand where exactly the terms or parts are associated on the human body. To wrap this up, I would say that every student is different in how they like to study and what helps them the most. My advice is to study; practice all the ways you can and find what works the best for you.