

# **Tips and Tricks for Anatomy 231 with Dr. Sapiro**

by Abigail Bear and the class of Spring 2016

## **What you will need for the class:**

Acquire all of the necessary materials as soon as possible. He starts lecturing the first day of class.

Buy the textbook, don't rent it. Don't get the on-line version. You will need it every day for lab and it will be a good reference for Physiology and other future classes.

Buy a voice recorder, you won't have enough room on your phone to record and keep all of your lectures. Record every lecture! Everything he says is important and could be on the test, no matter how inconsequential it may seem. If you don't record the lecture, you will miss A LOT because he moves fast!

Buy a separate sketch book and draw everything he draws on the board. Make sure each drawing is a full page! This is important because you will have to re-draw the illustrations on the test and you want as much detail as possible.

You will need a lot of different colors of colored pencils. Also, erasable colored pencils are a big help.

Buy a personal whiteboard and markers to practice the drawings and their functions for the test.

In the syllabus it says that gloves are optional...YOU WILL WANT GLOVES!

## **LECTURE:**

In class, write out all of your notes, don't type them into a computer. Go over the recorded lecture later and type the notes up then.

Listen to the recording and re-write your notes immediately after class. This will help you understand the material better and pick up on anything you missed.

Take a picture of what he draws on the board when he's finished in case you miss anything or don't have enough time.

When studying for the test, have Dr. Sapiro check your drawings so you can make sure you won't leave anything out on the test. He will tell you exactly what's wrong or missing from your drawings.

Study at least some material every day. You can fall behind very quickly and there's no catching up once you fall behind.

**DO NOT MISS CLASS OR BE LATE.** Don't underestimate the difficulty of this class, it takes a huge time commitment.

## **LAB:**

Record what he says in Lab as well. Anything he says can be on the exam.

Take photos of whatever you're working on that day. Snapchat is helpful because you can label whatever you've taken a picture of (bones, muscles, cat dissection, microscope slides etc.) and use it to study lab material at home. Video record any demonstrations he does so you can study it at home.

Bring your textbook with you to every lab—you will need it for reference.

Long-haired students, keep a hair band with your lab supplies to put your hair up.

Wear old clothes to lab because they are going to smell.

Study at least some material every day. You can fall behind very quickly and there's no catching up once you fall behind.

## **MISCELLANEOUS TIPS:**

Cal State Fullerton's library is a great place to study. It has longer hours than Fullerton College's library and they are open 24 hours during finals week. They also have a Starbucks in their library! Caffeine will be your best friend!

Some useful websites to help you memorize structures for Lab are [getbodysmart.com](http://getbodysmart.com) and [histologyguide.org](http://histologyguide.org)

Having a full-time job while taking this class is nearly impossible. It takes about 3-4 hours on average to rewrite each lecture so working on the days you have class is not wise. Try to cut down to working 2-3 days a week at most if possible.

Don't take too many classes along with Anatomy. Anatomy by itself is almost a full course load.

Go to his office hours to clarify material and never be afraid to ask questions! He may seem scary but he welcomes all questions, and you will definitely have a lot of them! Go to the other lab section when you can as well as the study sessions he holds weekly for extra review.

Make friends in your class and exchange information as soon as possible. Your classmates will become your best friends because you will have no time for anything but Anatomy.

**GOOD LUCK**