

*Remind yourself that you are learning a great deal about the body and about the vocabulary of medicine that you will use in clinical practice.*

- 1) Learn the terminology in a meaningful way- the words will often direct you.
- 2) Focus on how each structure fits in with surrounding structures
- 3) Identify an anchor point and build your knowledge around it
- 4) Draw structures from memory to see how well you know them- use colors!
- 5) Study the connections between regions
- 6) Consolidate and organize information
- 7) Use Gross Anatomy laboratory time effectively
- 8) Review cumulatively
- 9) Become familiar with the types of questions you will be asked
- 10) Attend AEC review sessions in the lab and classroom

Write the following word on your mirror: RESILIENT

(of a person or animal) able to withstand or recover quickly from difficult conditions:

Want help setting up a schedule for your life during Anatomy?

# Register through Tutor trac:

<https://Tutortrac.utoledo.edu>



The University of Toledo - Health Science Campus - Academic Enrichment Center UTHSC

Key: drop in 1 on 1 multi-person class or group move the mouse over an availability to view the location and other instructions.

## Available Time Slots:

| Sat<br>11/15/2014   | Sun<br>11/16/2014   | Mon<br>11/17/2014   | Tue<br>11/18/2014   | Fri<br>11/21/2014   | Sat<br>11/22/2014  | 1' |
|---|---|---|---|---|--|----|
| Your account has overrides, allowing you to override any scheduling restrictions. |   |   |   |   |  |    |
| <b>Mathew Lam</b>   | <b>John Luckoski</b>  | <b>Olivia Carey</b>   | <b>David Walker</b>   | <b>Lisa Chung</b>   | <b>Mathew Lam</b>  | #  |
| <span style="background-color: #e0ffe0;">4:00 PM - 6:00 PM (2/8)</span>           | <span style="background-color: #e0ffe0;">6:00 PM - 8:00 PM (7/8)</span> | <span style="background-color: #e0ffe0;">6:00 PM - 8:00 PM (7/8)</span> | <span style="background-color: #e0ffe0;">5:00 PM - 7:00 PM (0/8)</span> | <span style="background-color: #e0ffe0;">4:30 PM - 6:30 PM (0/8)</span> | <span style="background-color: #e0ffe0;">4:00 PM - 6:00 PM (0/8)</span>  |    |
| <b>Daniel Williams</b>  | <b>Kingsley Okai</b>  | <b>Mark Fadel</b>   |   | <b>Mark Fadel</b>   | <b>Andrew Park</b>   |    |
| <span style="background-color: #e0ffe0;">11:00 AM - 1:00 PM (4/8)</span>          | <span style="background-color: #e0ffe0;">5:00 PM - 7:00 PM (5/8)</span> | <span style="background-color: #e0ffe0;">5:00 PM - 7:00 PM (2/8)</span> |   | <span style="background-color: #e0ffe0;">6:00 PM - 8:00 PM (1/8)</span> | <span style="background-color: #e0ffe0;">11:00 AM - 1:00 PM (2/5)</span> |    |
|   | <b>Wenfei Wang</b>  | <b>Bridget Onders</b>   |   | <b>Michael Makowski</b>   | <b>Joe Perrault</b>  |    |
|   | <span style="background-color: #e0ffe0;">5:00 PM - 7:00 PM (4/8)</span> | <span style="background-color: #e0ffe0;">5:00 PM - 7:00 PM (3/8)</span> |   | <span style="background-color: #e0ffe0;">4:30 PM - 6:30 PM (0/8)</span> | <span style="background-color: #e0ffe0;">11:00 AM - 1:00 PM (1/5)</span> |    |
|   |   | <b>Michael Rodgers</b>  |   | <b>Bridget Onders</b>   |  |    |
|   |   | <span style="background-color: #e0ffe0;">5:00 PM - 7:00 PM (3/8)</span> |   | <span style="background-color: #e0ffe0;">3:30 PM - 5:30 PM (1/8)</span> |  |    |
|   |   | <b>Amanda Rusk</b>  |   | <b>Michael Rodgers</b>  |  |    |
|   |   | <span style="background-color: #e0ffe0;">6:00 PM - 8:00 PM (2/8)</span> |   | <span style="background-color: #e0ffe0;">6:00 PM - 8:00 PM (0/8)</span> |  |    |