

# General Biology Survival Kit

## Weekly checklist:

- ☐ Watch class(es) + annotate slides / take notes  
Review notes to see if any first questions pop up
- ☐ Attempt weekly exercise set(s) on your own
- ☐ Come to the series and ask all of your questions! You can always look online for your questions or use the book...whatever works for you!
- ☐ Review the material now that you have seen the scope of the chapter and what is asked of you through the exercises
- ☐ For those who want to learn off by heart, now would be the time!

## How to review a topic/chapter:

- For each slide, make sure everything is clear. What are the key points of the slide? Can you describe the mechanisms involved?
- When looking at the slides/your notes, can you make links between the slides? In which way do they relate to each other?
- At the end, how would you summarise the whole chapter in a couple of sentences?
- Does this chapter touch on anything you have seen in another chapter? If so, what is the link?
- How are these phenomena intertwined?

## FAQ

### What is more important: memorising the class or understanding?

Although you will need to memorise the material presented, it's far more important that you understand the concepts.

### What do I need to learn off by heart?

Everything (except what you have been told is not required) ! Which is why understanding it all is much easier

### Do I need to be memorising my classes week to week?

You are free to, however this is not something we recommend for several reasons:

1. The workload in this class is already quite large, this should be the least of your worries for now - that's what revisions are for!
2. You may forget what you had learnt as you move on through the semester.
3. Since so many of the course's concepts are intertwined leading to subject overlap, you will be essentially learning the same thing under a different angle! No need to do the work twice

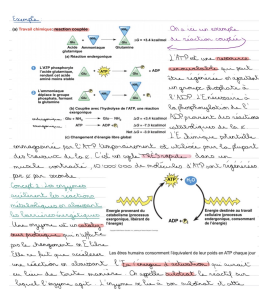
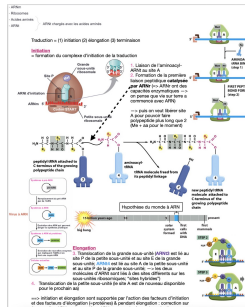
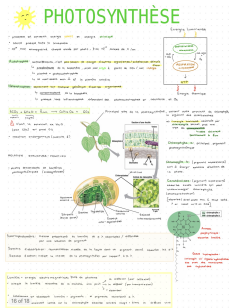
4. As you finish the semester, your understanding of the subject will span across various domains, giving you a "bird-eye's view". Your deeper understanding will allow for easier memorizing

### How do I take notes?

Here are some methods for you to try out:

- Annotating the slides directly. Especially since they are already quite condensed.
- Jotting down remarks / questions aside during class
- Computer based notes
- Handwritten / tablet based notes

Always make sure, when you are doing your notes/summaries to understand what you are writing!



### Will my learning be penalised if I use someone else's notes entirely?

Not at all! It helps some people grasp the concepts if they write it down, but that may not be your case! If you feel like you are wasting your time writing notes and that you understand fine without them, no problem.

**Tip: Divide classes among friends and each make notes on a different topic, then share amongst yourselves to save time**

### How do I make sure I understand? How do I not know if I'm not missing something?

Study with friends! Explain the course to each other, filling in gaps. General rule of thumb: if you've understood the exercises, it's already a good start.

### What if I've fallen behind?

- First off, don't worry, it happens! It's time to get back on track!
- Plan a time to watch the classes and watch them
- Go through the review checklist - it's okay if it's not as thorough as you want, our main goal is getting up to speed
- Plan a time to do the sets (one should take about an hour) and correct them
- Go to the Friday exercises and ask all your questions - no matter what week they are from

If you're struggling with organisation, reach out to your mentor for help! Take things step by step and try not to get overwhelmed, the whole BIOENG-110 team is here for you.

**Tip: We care about what you think! Don't hesitate to let us know what is working (or not) and we will do our best to adapt!**

**Tip: The forum is your friend! Never hesitate to ask a question**

### Is it worth it?

YES, everyone in BA4 is still reaping the benefits a year later :)