How to Succeed in Molecular Cell Biology (Bio 121)

Go through the list and circle all of the things you currently do. Then go through and highlight all of the things that you could add in to your schedule. Begin practicing and slowly adding the highlighted items to your study schedule; try adding 2 at a time.

1. Attend every lecture. You can get behind very fast if you do not attend every class.
2. Use the Index at the back of the Textbook to find reading on specific, difficult topics.
3. Watch tutorial videos.
4. Read the Outline for the Exam Section ahead of time to learn the focus and structure for the section’s material.
5. Read the next day’s PowerPoint ahead of time to get exposed to the detailed material.
6. Come to class ready-to-go every day.
7. Take notes in class on the PDF PowerPoint prepared and posted online.
8. Ask the professor, TA, or PAL Leader for clarification immediately following lecture.
9. Keep up on your homework. Even if it is not collected. Practice, practice, practice.
10. Study 2-3 hours for every unit you are taking. It is recommended to study 5-6 days each week in 1-2 hours blocks.
   Bio 121: 3 units x 2-3 hours of study per unit = 6-9 hours of studying each week
11. Identify your study times and mark them on your calendar. Study times should be treated as appointments, not as being optional.
12. Review your notes as soon as possible after class to cement the information into your knowledge-base while the concepts are still fresh in your brain.
13. Do not procrastinate! Do homework early and have as much time as possible to do it. Try to do the homework the same day of the lecture.
14. Find a study buddy and/or put together a weekly study group with peers from class.
15. You will be tested as an individual. Despite the helpfulness of your friends, tutor or study group, in the end your grade will be based upon your individual performance. Be sure to “go solo” on a few exercises/homework to make sure you understand the material.
16. Make use of available resources! Professor’s office hours, TA’s office hours, PAL office hours (SQU 248), PARC tutoring (Lassen 2200).
17. Create flashcards and you can pull out during free moments to learn terminology and concepts.
18. Make your learning active. Talk through a problem. Write it on a white board. Create diagrams or mnemonics to help you remember the material.
19. Take the posted practice exam well before the day of the exam. Take practice exams with your book and notes closed. Time your practice exams to the length given for the actual exam.
20. Correct your exams and quizzes. Learn from your mistakes.
21. Join a PAL (or do the PAL worksheets if you aren’t in a PAL).
22. Keep track of your grade progress in each class. If you aren’t happy with your grade, go get help ASAP.

* PAL worksheets can be found at: www.csus.edu/stem/PASS