From the hive mind of more than 200 A&P Professors:

TOP 10 STUDY TIPS FOR ACING A&P

10. Get yourself a study group. Bonus points if you pull together the most studious classmates!

5. There’s no way around it: A&P will eat up a disproportionate chunk of your semester. Make a study plan. Put in the time. Netflix will wait.

9. Actually read your reading assignments.

4. Have a daily routine. Set a reminder on your phone and reward yourself when you finish!

8. Make sure to visualize what you’ve read by viewing animations, models, or illustrations, or by drawing it out yourself.

3. Use a variety of sources and study techniques. Mix it up! Read, watch, take quizzes, draw, and color. The more channels into your brain, the better the flow.

7. Study in bursts, not binges. Eight 30-minute batches are way better than a four-hour cram session.

2. Don’t just memorize. Make sure you understand. Make the connections while keeping the big picture in mind. Try and explain what you’ve studied to someone else (or the mirror, or your cat!)

6. Apply what you are learning to the real world. You can start with your own anatomy and physiology: locate your bones and muscles, notice your breathing and your heart rate.

1. Repetition and review is critical. Don’t think that learning it once means learning it for good. Repetition and review is critical. And so on...

How did we create this list? In December 2017, we reached out to instructors across the U.S. who teach anatomy & physiology courses. We heard back from 207 instructors. This list shows the most mentioned themes in ascending order of frequency.