Brief Introduction

Name: Abdulhafez A Selim

Degrees:

1- **Medical Degree**, Ain Shams University, Egypt.

2- **PhD Degree**, Anatomy and Cell Biology, Temple University, Penn, USA.

Research Experience:

1- Temple University and Pfizer (2001-2003).

2- Harvard Medical School, MIT and NPS pharmaceuticals. (2003-2006).

Contact Information:

Office: 7316

Email: ASELIM@KFUPM.EDU.SA, ABDU94@YAHOO.COM

Brief Introduction, cont

- Objective of the course:

Understand biology basics and its current applications.

Grading Policy:

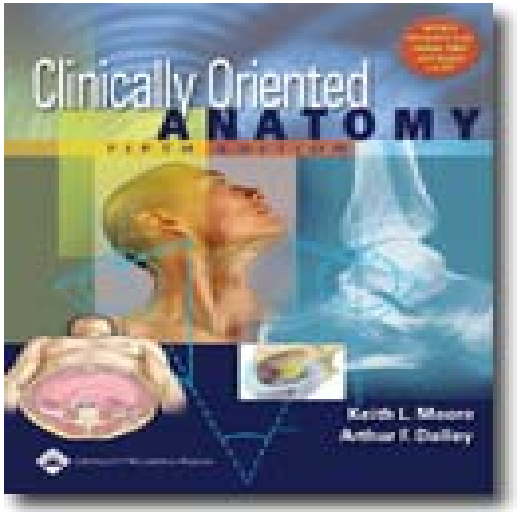
- A+:90 and above
- A:80-90
- B:70-80
- B-:60-70
- C:50-60
- D: Less than 50

Resources

- Book(s):
- 1- Clinically Oriented Anatomy, 5th edition. KL Moore & AF Dalley. Lippincott Williams & Wilkins; 5th edition, 2005. ISBN: 0781736390
- 2- Textbook of Medical Physiology, AC Guyton, JE Hall. Saunders/Elsevier; 11th ed, 2005, ISBN: 0721602401.

1- Clinically Oriented Anatomy (5th Edition) (Paperback)

by Keith L Moore, Arthur F Dalley

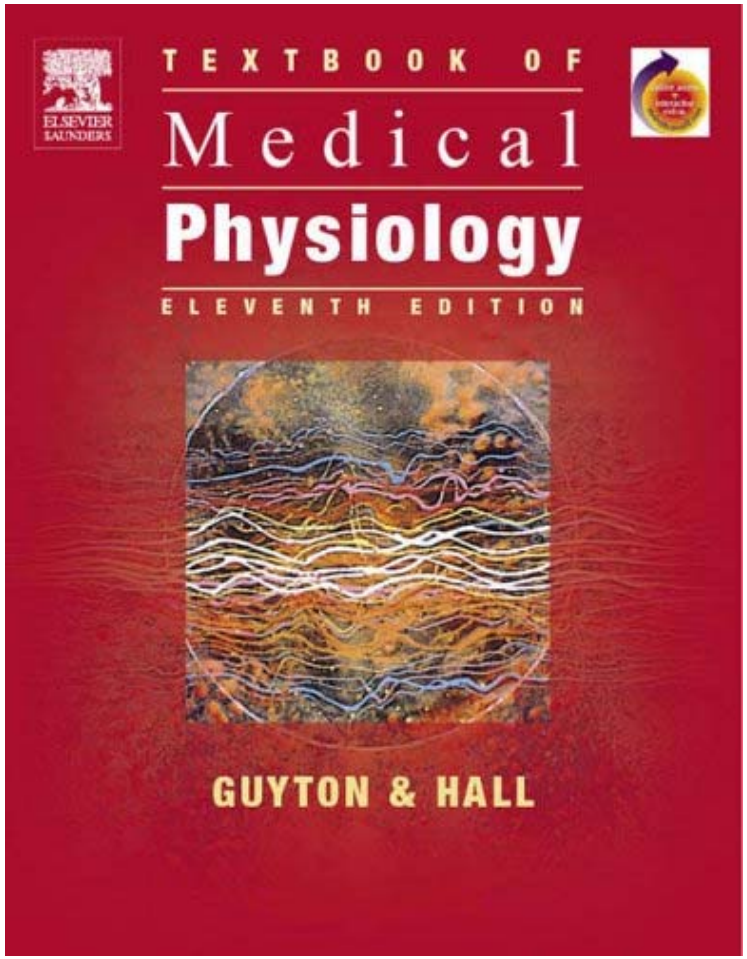


Clinically Oriented Anatomy, Fifth Edition provides first-year medical and allied health students with the clinically oriented anatomical information that they need in study and practice.

This book is renowned for its comprehensive coverage of anatomy, presented as it relates to the practice of medicine, dentistry, and physical therapy.

This latest edition is fully updated with new content and additional features, including new surface anatomy and updated diagnostic images, new "Bottom Line" summaries that reinforce important concepts, and new clinical "Blue" boxes.
Two bound-in CD-ROMs contain interactive case studies, USMLE-style review questions, and layered, rotatable anatomical illustrations generated from three-dimensional models of MRI images.

2- Textbook of Medical Physiology
by Arthur C. Guyton and John E. Hall

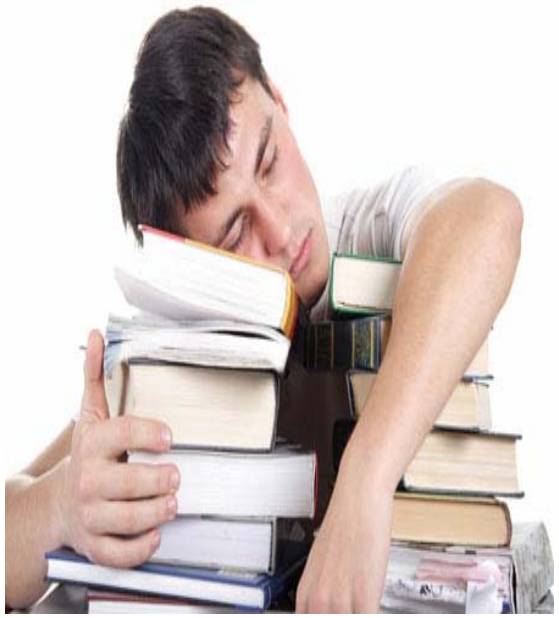


Physiology's classic text continues to uphold its rich tradition presenting key physiology concepts in a remarkably clear and engaging manner.

Guyton & Hall's Textbook of Medical Physiology covers all of the major systems in the human body, while emphasizing system interaction, homeostasis, and pathophysiology.

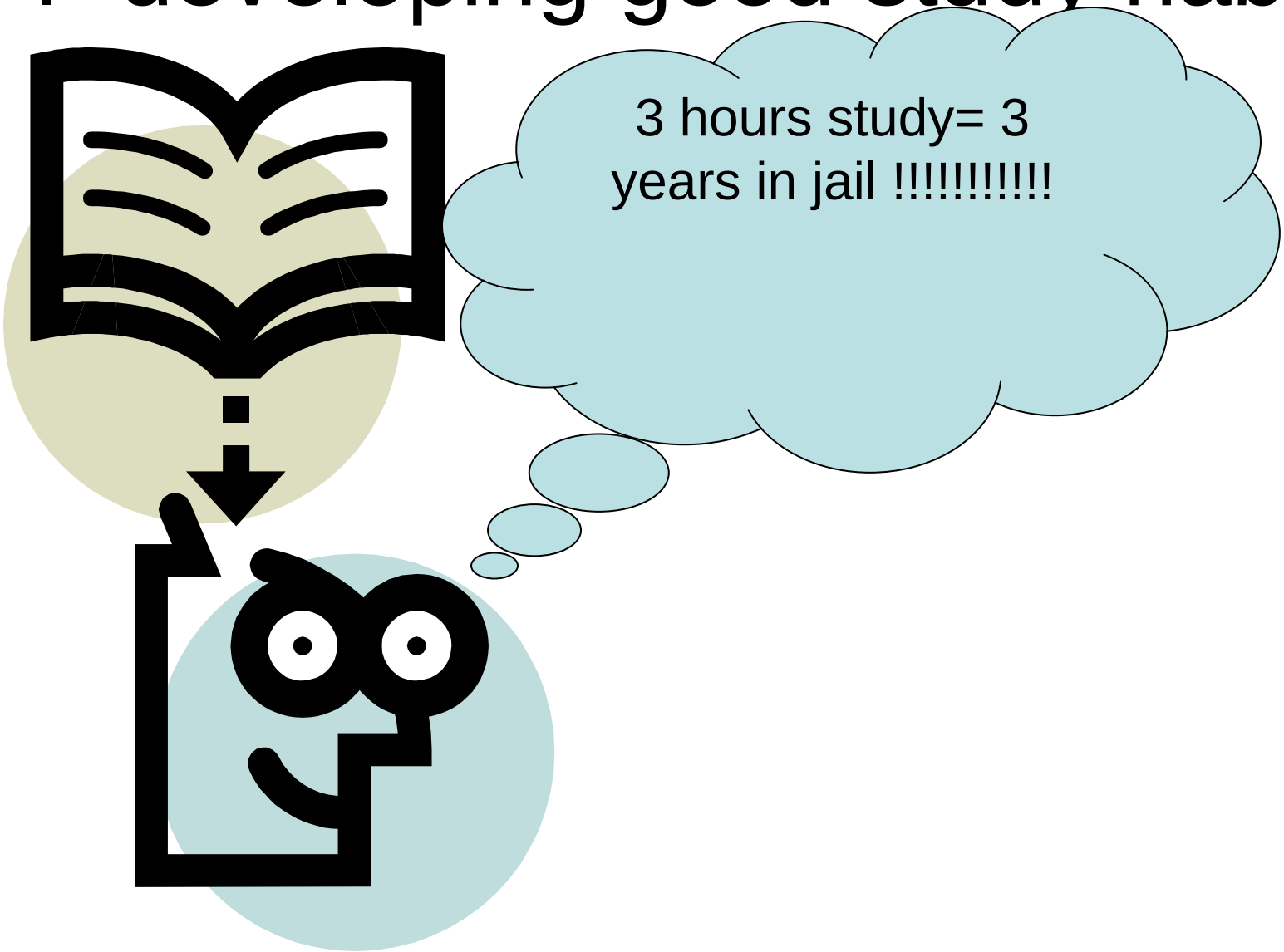
This very readable, easy-to-follow, and thoroughly updated, 11th Edition features a new full-color layout, short chapters, clinical vignettes, and shaded summary tables that allow for easy comprehension of the material.

Essential Study Skills for Science Students; 6 TIPS



- 1- Developing good study habits
- 2- Sharpening your memory.
- 3- Getting the most out of lectures and labs.
- 4- Getting the most out of reading assignment.
- 5- Improving your test taking abilities.
- 6- Becoming a critical thinker.

I- developing good study habits



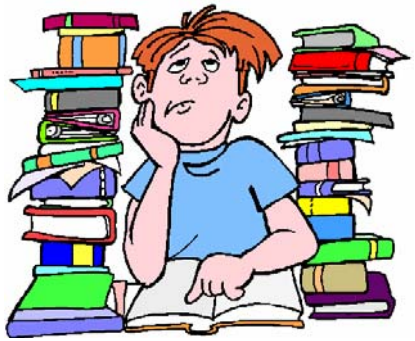
I- Developing good study habits, continue

A- Where to Study?

- Study in a
- well-lighted
- quiet
- distraction-free environment.
- Avoid sofas and easy chairs.

Set aside a study time each day

A- When and how long you study?



- Set aside a study time each day.
- Reward yourself when you stick to your schedule.
- Train yourself to study more.
- Study when you are most alert.
- Plan your time efficiently.
- Make to-do-lists each day.
- Keep your mind alert.
- Study alone.
- Keep a record of all tests, term papers and other major commitments.

II- Sharpening Your Memory (2/6)

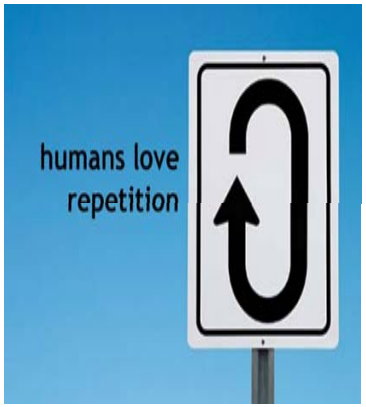
- MEMORY LIKE A MUSCLE
- SELF AFFIRMATION, I know I can remember, I want to remember.
- **PMC Method:**
- **P**aying attention.
- **M**emorable: make information memorable
- **C**orrelates new facts and concepts with things you already know.

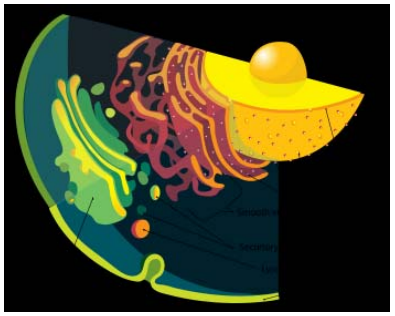
P; Pay attention (putting your mind in gear)

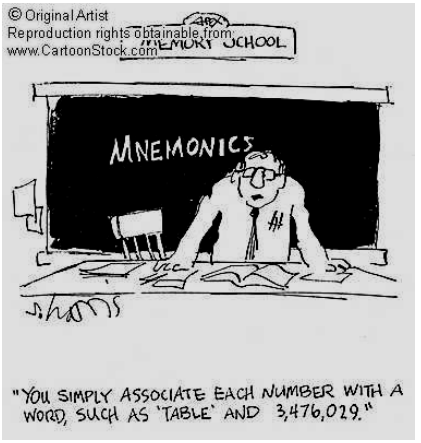
- Activate your mind,
- sit up straight,
- take notes,
- Ask questions about headings and subheadings; when, how, where….etc.

M; Memorable information; make what you learn stick to your mind

- Repetition.
- Mnemonics: initials and words “Matt Hill, V.P”
- Word relations.
- Pictures and diagram.
- Roots and origins of words.



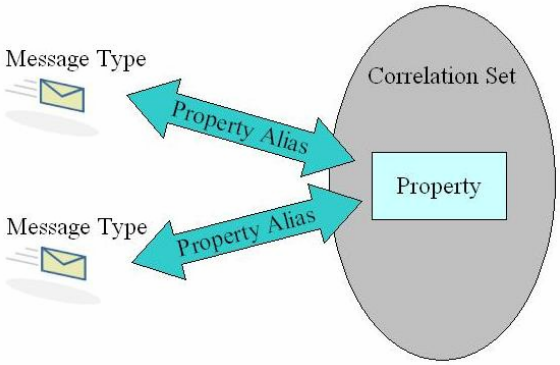


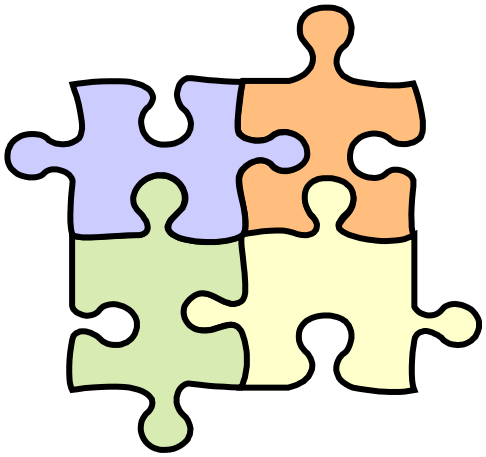


C; Correlation

- It makes the difference between ***B student and A*** student.
- Graduate student, law student and medical students may have ***rough time*** in school if they just cram facts into their heads.

    - Suggestions to assemble the big picture;
- After reading chapter or section in a book, summarize it in your own words using this guide
  - What are the main points?
  - How the author supported these points?
  - What new facts did I learn?
  - What does this information mean?
  - How can I use it?





III- Getting the most out of lectures and labs, How to take good notes? (3/6)

During Lecture

- Attend lecture **regularly.**
- Write as **legibly** as you can.
- Develop a **shorthand** writing system to reduce writing during lecture.
- **Don't** write down **every** word your professor says.
- Watch for **signals** that indicate important material.
- **Ask** questions.
- Remain an **active participant** during the lecture.

After Lecture

- Study your notes within **few hours** of each lecture, and fill in the **missing** information.
- Spend some time before each lecture reading **previous notes.**

III- Getting the most out of reading assignments, continue
Recommended Reading Habits

- 1- Read the **preface** of your text book.
- 2- **Preview** the chapter or assigned reading.
- 3- Ask a **question** or two about each heading. (hooks to hang your information)
- 4- Preview **labels and figures.**
- 5- After previewing, read, highlight **key terms or concepts.**
- 7- Reread the assigned materials and notes **few** days later. What is the advantage?
- 8- Be sure you understand your terms as you reread. **DO NOT SKIP TERMS THAT U DO NOT UNDERSTAND.**
- 9- Use **study aids** that comes with your text book for example: key terms, end of chapter summary or glossary and or definitions on the margin, end of chapter question section (do not escape essay questions)
- 10- Work through **all problems** in the chapter. IN DETAILS WITH AUTHOR
- 11- Read **other** text books.
- 12- Avoid **subvocalization,** (driving car with your foot on the brake).
- 13- Read **word groups**; do not read one word at a time (accelerator then immediate on brakes).
- 14- Read for **key words.**
- 15- Avoid **regression.** Trust your own mind. (tired, distracted or hungry).

Summary and Conclusions

- You need to develop good study habits to get the best out of your lectures, labs and reading assignments. It might take some time at the beginning but it will help you very much later on.