

*Fall equinox:
7:30am, Sept. 22*

*Equinox -->
aequus = equal,
nox = night*

BIOBEAT

Sept. 22, 2020

The Equinox occurs precisely when the centre of the Sun is exactly above the Earth's equator.

Study Tip #1: Work with a group

There's no one answer to the best way to study, nothing that's guaranteed to work for every person. And maybe you think you already know what works best for you. But don't be afraid to admit you're unsure because there are plenty of different approaches that you can try. What worked for you in highschool might not work at University. For these first few weeks, you may try what you've always done but find that you don't get the results you want. If that happens, make changes and switch it up.

One thing to try is to find a group of people to study with. Your fellow students are a key resource and explaining things to each other is the best way to learn. Maggie Zemp, Amar Sangha, and Michaela Quon met in BIOL 3204 (Histology), started studying together then, and haven't stopped. They powered through Human Physiology together and now that they're in fourth year, enjoying the challenges of Embryology, they're meeting on a daily basis.

"We hold a Google Meet typically daily to review class material and discuss any questions that we have. We collaborate on Google Docs to complete notes and lab manuals to finish them quickly, as well as gain a deeper understanding. This helps

when one of us understands a certain concept better than others, as we are able to regroup and clear any confusion."

When each person has different strengths, you can work together to teach each other. If you haven't tried a study group before, give it a chance. Find a few people (you can even ask your prof to help you contact others in the class) and work with them for a semester to see the difference it makes.



WHAT'S THE BIGGEST BENEFIT OF BEING PART OF A STUDY GROUP?

Amar Sangha - 4th year student

"I tend to get easily confused when reading about complex terminology. Being able to work through difficult concepts with others helps identify where I am not thinking the right way and helps fill in the gaps in my knowledge."

Maggie Zemp - 4th year student

"The best part for me is being able to discuss the material. I find that I understand what I am learning a lot better if I am able to talk through it rather than just reading and memorizing notes."

Michaela Quon - 4th year student

"In study groups, you can go into deeper discussions of the material. Instead of just memorizing information so that I can regurgitate it for a test, I am able to actually understand the concepts and apply them in new ways."

Is there anything you'd like to know more about? Research at MRU? Other study tips? Specific courses? Email me: sahewitt@mtroyal.ca