



PEERS IN PATHO

RESOURCE SUMMARIES CREATED FOR
STUDENTS BY STUDENTS

CREATED ON February 28, 2021



UPDATES AND REMINDERS

Tutorial with Conner: 3-4pm Sunday March 14th

Watch for "**Question of the Day**" starting this week

PREPARING FOR MIDTERMS

SEEKING BALANCE WITHIN CHAOS

It's the time of year where everything seems to be happening at once. Midterms, projects, assignments, clinical evaluations, and the seemingly endless papers. How in the world does anyone survive intact? Good question. Honestly, a lot of us have had moments of needing to step back, breath, and just create some space to clear the head of the clutter that has accumulated (and yes, emotions happen, it's okay).

But let's say after you have taken that breath, made the to-do list and now you are sitting at the desk ready to go, what next? Where to begin amid the boatloads of information you are suspected to remember. Well, here is the good news, you have resources you can access created for this course! Here are a few tips and tricks to get you started:

- A good place to start is the Learning Objectives. These are the focus for the course and therefore the source for questions when it comes to tests and quizzes.
- Warm-up with some definitions using Quizlet (link to the LUSL2107 class below) and then move to more difficult concepts
- Limit your time to 45-90min (max) intervals depending on your attention span. After 90min the brain cannot absorb new information so taking a break is really the best use of your time. If you really can't take a break, at least switch subjects to let the information you have just studied be absorbed.