**KIN173 Tips for Success**

This class will really help you to understand the field of Kinesiology AND help you learn how to study for success in KIN216 (Anatomy) and PSL250 (Physiology)!

* BEST TIP – Go to class!
* It’s about context – you have to REALLY learn the material and understand the concepts. Tests are not memorization-based, they are application-based.
* Engage and process the material covered in class and lab. You have to put in the work!
* Points in this class are critical for a successful grade. No extra credit opportunities.
* Using Skeleton Notes –
  + Don’t just fill in the blanks without processing the material
  + Re-read for understanding
  + Ask for clarification, if needed
  + Re-write notes after class, filling in more detail
  + Create note cards from your notes, but not just for memorizing
* Interact with the material covered, using YouTube videos, Khan Academy, drawings, Quizlet, etc
* Review material in pieces, break up the modules
* Lab Sessions
  + Points are given for attendance at one random lab session so GO TO ALL LABS!
  + Labs involve a data collection assignment and writing lab reports
  + Checks for Understanding are based on lab assignments and can count for one whole point in your course grade!
* Don’t be afraid to ask for help! Go to Instructor Office Hours if you have questions or need clarification. TAs are also there to assist.
* Engage, engage, engage!!