

MS1 Students: Study Tips for Foundations is an OASA collaborative Wellness initiative designed to help you with your study planning and resources. The following MS3 McGovern students have kindly prepared these study tips: Shelley Burge, Maile Curbo and Nicole Thomason. Please also cross-reference to the study planning tips outlined in *The Well*: September 2019 edition. For guidance with your study please reach out to the Senior Learning Specialist: Dr. Tuchaai: Tara.Tuchaai@uth.tmc.edu

Tips for Foundations

- Daily & Weekly Review
- Keep up with studying by reviewing each week as you go through it
 - I would go to lectures the day they were given, and then review them the day after. This helps encoding information because you will see it multiple times. Also, on the weekends, I would review some of the more difficult powerpoints/topics, to see them another time.
- Schedule test review by topic
 - I would group powerpoints and concepts into larger blocks to review together. This helped with consolidating and reinforcing ideas across similar concepts. So for example, all cardio phys topics I would review together in a block and group as "cardio phys".
- Start studying for the test 7-10 days out
 - Come up with a concrete study plan based on the topic groups you've created, outlining what exactly you're going to cover each day. This makes sure that you will see each thing again before taking the test.
- Anatomy
 - The biggest challenge in foundations is balancing anatomy with everything else. Set limits -- don't spend longer on prep than you do on the actual dissection. Try different resources but settle on a system fairly early on.
 - Even if you hate dissection, make the most of that time as a learning opportunity. Your pedagogues and instructors are your best resources in lab, use them!
 - My favorite resources were the old anatomy syllabi for dissection prep and past practical keys before each practical (you need at least one photo resource with actual cadavers for exam prep IMO). You can find the syllabi and keys here: <https://oac22.hsc.uth.tmc.edu/courses/gross/gross2015/>, change the year in the url to e.g. 2014 to access older years practical keys.
- Lectures: Attend or watch them all because this is where your exams come from.
 - Prioritize study time as follows:
 - Up to an hour or more per lecture reviewing core topics, especially challenging ones (e.g. Dr. Cunha's CV physiology lectures, Dr. Swails & Foringer lectures)
 - Less time (1/2 an hour per lecture max) for topics that are challenging but lower yield like molecular biology - focus on main ideas.
 - Minimal review time for simpler material like public health, but pay attention during the lecture itself.
- Formatives:
 - These are your best resource for assessment so resist the temptation to blow them off if you feel behind. Answer each question as best you can without help, then leave sufficient time to review the whole quiz using resources when it's done.
 - If you stream, make it a high priority to finish all lectures before the formative.
- Other resources:
 - Start Pathoma early, ideally before your first path lecture.
 - Same with Sketchy micro and the antibiotics section of Sketchy pharm for micro/infectious disease.
 - First Aid is not critical but looking back, it would have made things easier later on to get familiar with the "General Principles" chapters like Immunology & Biochem as they were being taught in Foundations.