

“Succeeding in Physiology”

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WELCOME AND INTRODUCTION



“How to Thrive” Webinar Series

Why is Physiology Different?

- The stakes feel higher.
 - Physiology is *the* basis for medicine.
- Physiology cannot be memorized (and you've become good memorizers).
- Graphs, equations, and calculations (gotta love 'em!).

Learning Physiology – The Philosophy

- Learn “for life” (physiology undergirds all of pathophysiology and medicine)
- Concepts and principles >> isolated facts
- Hierarchy of concepts, connections, recurring themes

Learning Physiology – Best Practices

The cycle:

1. Pre-read = warm the circuits
 - Books or lecture notes
 2. Attend class
 - Having pre-read, class time is learning time
 3. Review
 4. Practice questions
- Repeat!

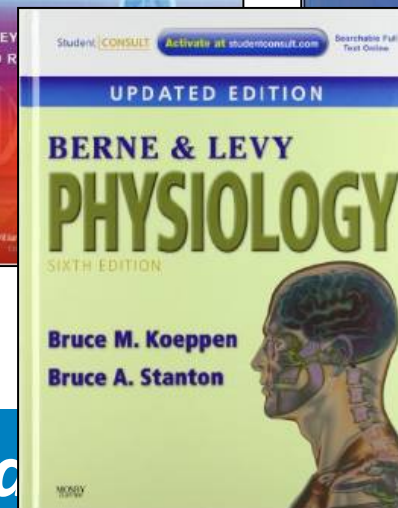
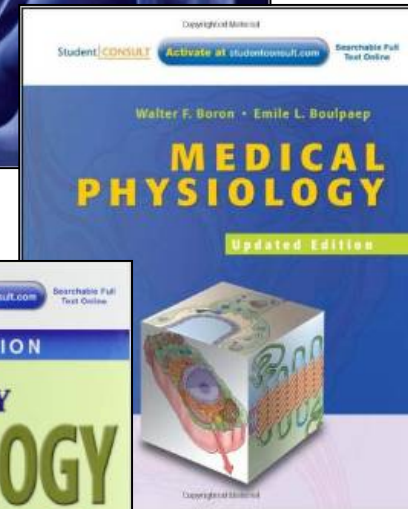
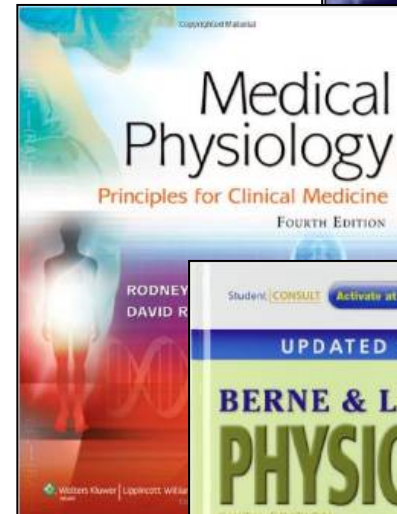
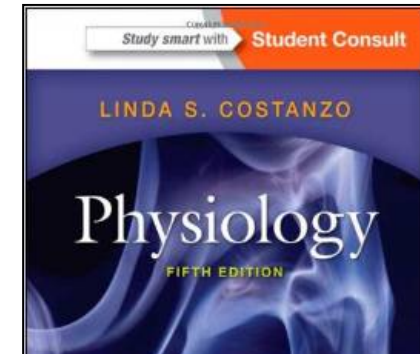
Books or Not?

Books tell same story, in different voice.

- See hierarchy
- Provide cohesion
- Fill gaps
- Spot help for difficult topics

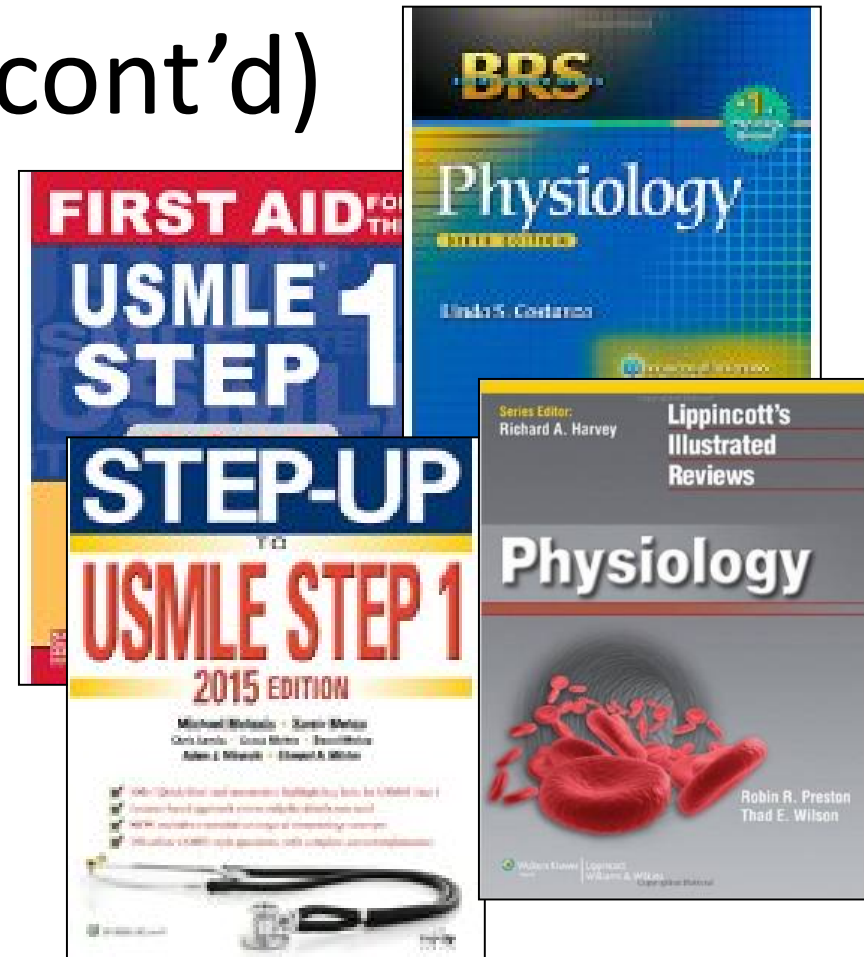
Reference book, didactic book, or review book?

- Reference physiology books
 - *Medical Physiology* (Boron & Boulpaep)
 - *Physiology* (Berne and Levy)
- Didactic physiology book
 - *Physiology* (Costanzo)
 - *Medical Physiology* (Rhoades)



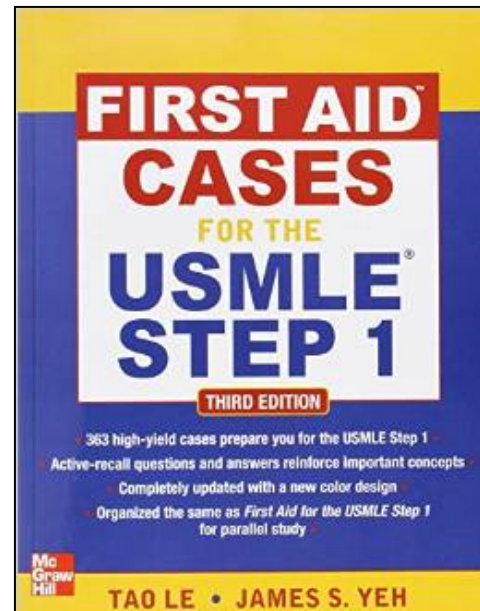
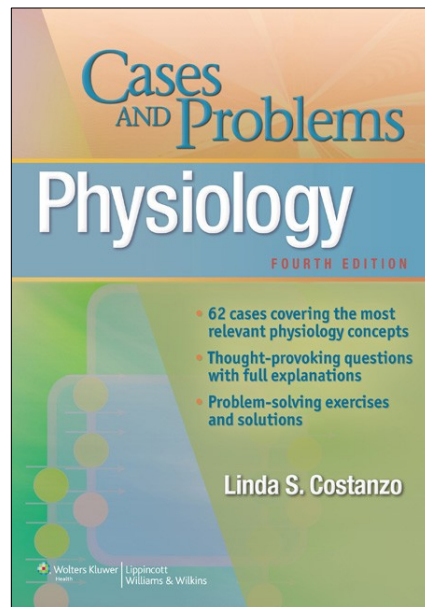
Reference book, didactic book, or review book? (cont'd)

- Review books
 - *BRS Physiology* (Costanzo)
 - *LIR Physiology*
 - *First Aid for USMLE Step 1*
 - *Step-Up to USMLE Step 1*



Case Books

- *Physiology Cases and Problems* (Costanzo)
- *First Aid Cases for the USMLE Step 1*



To write or not to write?

That is your dilemma

What NOT to write (when studying physiology)

- Do NOT “copy the notes”
 - Habit from undergrad days (fear of letting go of strategy that seemed to work)
 - Passive, Mindless
 - Eats up time (that could be used for learning, understanding, repetition, and doing practice questions)
 - Kick the habit *now*
- *But* I need to write in order to learn!

What can I write that is useful and active?

- Yes! Make your writing evolve → active
- Don't write until you know something about the topic
- Depends on topic (for this topic, what would be most useful?)
 - Create a visual (list, comparisons, charts, sequence of events)
 - Synthesis
 - E.g., sheet with all major points about fetal lung
 - E.g., sheet with all major points about adrenal cortical hormones
 - Drill
 - Write a sequence from memory
 - Practice redrawing graphs
 - Write equations from memory
 - Practice problems

Practice Questions!

The antidote to that “graph, equation, calculation” issue

- Lots--Early and Often
- Questions are learning tools (don't wait until you're “ready”)
- Learn from the right *and* wrong answers
- Test understanding, build confidence, practice test-taking strategies
- Sources:
 - Self-assessments in your course
 - BRS Physiology (end-of-chapter)
 - Pre-test Physiology

Good test-taking in physiology

- Read the stem carefully and underline critical words.
 - #1 test-taking problem in physiology is not answering the question asked.
- Clearly identify the *topic* of the question and find that *topic* in your brain.
- Cover the answers while working the question.
- Work slowly enough to think through steps correctly.
- Write main thinking steps in the margin.
 - Protects against changing “increases” to “decreases” in your mind.
- Match your thinking with the answer choices and select the *best* answer.

Good test-taking, cont'd

- First shot, best shot
 - Once slowly >> twice fast
- Don't be distracted by distractors
- Don't overthink
 - Directions say “single best answer” – stop there!
- Don't change answers impulsively.
 - If you're going to change, work the question again from scratch.
- Sleep (the night before).

**Thank you for joining AMSA,
Lippincott, & Dr. Costanzo this
evening!**

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