
HUBIO ONLINE COURSE RATING SYSTEM

HuBio 510 Microscopic Anatomy (Histology)
Autumn Quarter 2010-2011
Course Chair: Dr. Olivia Bermingham-McDonough
Date: January 20, 2011

N=98
Number of Respondents: 48
Response Rate: 49%

HB 510: What Advice Would You Offer To Next Year's Students About This Course?

Attend the pre-exam review sessions and take as many of the web-based practice quizzes as possible (these questions show up on exams!). Our lab group found the digital images a much better learning tool than the light microscopes during small group sessions-- you can see more images/features in less time, and it's much easier to discuss slides with your professors and classmates this way. Andy is a fabulous professor-- I would go to him if you need any clarification.

Understand the lecture slides. Skim the syllabus - Sometimes it is hard to understand because of lack of pictures or the way it is written, and if that is the case, perhaps look at the lecture slides first and then see if you can better understand the syllabus.

Read Wheater if you'd like clarification or understand something more deeply. The virtual labs, pictures in Wheater's, and clickable pictures in the CD helped with learning to identify things, though if you are short on time, perhaps just review the labs review PowerPoints; they show slides and identify some things on the slides.

Just try to get through it. Do not waste time trying to wade through the syllabus. Read the textbook. Do not go to lab.

Make sure you know everyone mentioned on the lecture slides, even if they're talked about only for a brief second or not at all. These little facts and details appeared all over the concurrent exams and especially on the final.

This course is more physiology than you think. Don't just focus on being able to identify, it will work for the first exam, but after that you need to know the physiology. Read the textbook, even if the faculty does not recommend it because it will be tested on the common final.

Read the syllabus before lecture. Do the extra credit/homework.

Skip the book. Complete exercises and all of the quizzes provided online. Do the virtual labs.

Study the lecture slides and the online anatomy labs.

Don't use the microscopes.

Read the syllabus, do the labs, ask questions of your professors and TA's, make diagrams. Memorize as many details as you can, but know that some questions will simply be unpredictable, you can't know everything, but that is okay because you will still pass. The textbook is good for details and homework, but focus on the lectures, syllabus and practice questions.

Draw a lot of pictures, and look for patterns!

Do the lab exercises and use the CD. The multiple-choice questions that go along with the CD are a great way to test your understanding. Andy's reviews are really helpful for preparing for tests.

Stay on top of studying the material, do the optional homework, look at the slides, and draw pictures for yourself.

Utilize lab time, like cadaver lab during anatomy; it is an invaluable resource for this course.

Do the extra credit

Study almost exclusively from the lectures and lecture slides to prepare yourself for the final

The lab review slides are the only part of lab necessary for doing well on the concurrents

Review recorded lectures at increased speed!

The WWAMI common final is much more difficult than the concurrents; prepare for more detailed questions.

Find a way to synthesize all of the resources that are offered w/o getting overwhelmed by them. Use the CD as your starting point. The text is in greater depth than necessary and while it is a good text, should be used only to clarify more complex concepts, not as your starting point. Do lab reviews and lab exercises and review.

Use the kids notes posted on the website! They're awesome! Review before lecture.

Use the Montana CD.

Familiarize yourself with the online resources (particularly the quizzes and lab reviews). Using these to tailor studying for exams is incredibly effective.

Gibson's CD atlas is a very useful resource in learning material (especially if you don't go to lecture/small group).

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 511 Anatomy & Embryology by Dental Students
Autumn Quarter 2010-2011
Course Chairs: Dr. John Clark & Dr. Dan Graney
Date: October 27, 2010

N=54
Number of Respondents: 43
Response Rate: 80%

HB 511: What Advice Would You Offer To Next Year's Students About This Course?

Don't fall behind

It is a difficult course, but it is fun and the faculty is top notch. Don't fall behind and work in groups.

Study the cadavers with your friends! Quiz each other!

Study hard, do not get behind, and ask a lot of questions. This is a great course where you will be surprised on how much information you learn! Have fun with it and learn as much as you can!

Study hard for the first two tests and do not get behind.

Make sure to stay on top of the material, it comes at you very fast and consistently, but don't get behind.

Keep up with the information and use your time in lab

Do not get behind; know what's happening the day before.

Try not to get overwhelmed. Focus on each task at hand and listen to the instructors and TAs.

Just stay on top of things

Spend a lot of time in the lab! learning a lot from the lab made it so that the amount of outside time studying was somewhat lessened. Do NOT be afraid to ask questions either!

Stay ahead.

Study early!

Do not fall behind. Always be prepared for lecture and dissection.

Don't get behind.

Don't go to lectures, ignore the embryology crap. Just look through the study guides for each day and find out what structures you need to identify and then look through the photographic atlas and memorize the applicable photographs.

Go to open lab hours!

Study on a daily basis

Use the lab time efficiently, this is where you will learn the most

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 511 Anatomy & Embryology by Med Students
Autumn Quarter 2010-2011
Course Chairs: Dr. John Clark & Dr. Dan Graney
Date: October 27, 2010

N=101
Number of Respondents: 75
Response Rate: 74%

HB 511: What Advice Would You Offer To Next Year's Students About This Course?

Watch the dissection videos on the Wisconsin or Michigan sites before dissections.

Make the most of the lab dissections. Learning from the cadavers is the best learning tool.

Make sure to review the reading and lab study guide before the dissection and lecture as this will improve your learning significantly.

Go to the pin tests and review sessions on the weekends. Follow Dr. Clark or any other faculty because you will just learn a lot by simply listening to them.

Stay on top of your material - don't get behind. Try different study methods and work together with your classmates! The most challenging thing is trying to learn an incredible amount of information and knowing what content (big ideas) to prioritize.

Enjoy it! This is a really fun and fascinating class.

To prepare for pin tests, be able to identify the structures that are explicitly discussed in the syllabus. Look at other bodies. To prepare for the written, be able to answer all of the objectives on the syllabus.

Complete the objectives before the corresponding lecture. If you keep up from the beginning then there is no cramming or stress come test day. occasionally remind yourself that it is a privilege to have this opportunity.

Share daily objectives with at least one other person, even if not in your group. Don't try to do them all or you'll go insane. Don't go back each night... move forward, even if you don't feel like you mastered that day's material. There will be time before the next test.

You'll be in class/lab for long hours, but it's totally worth it! Go over the next day's objectives the day before so you're more familiar with the material in lecture. Read Gray's and work in groups - take turns teaching each other the material.

Keep your head down and heart up. It's not as bad as people make it out to be but you gotta get to the grind to pass the class!

Don't procrastinate, there is a lot of information, but it is definitely doable if you stay on top of the dissection guide each day.

Enjoy it; it'll be over before you know it.

I would suggest really focusing on the study guides to learn the material. Before the actual lab, go through all the objectives and take notes of what is assigned for that particular objective. Not only will this allow you a grasp of the material before lab, but is a good base when reviewing for the examinations.

The syllabus/dissection guides are the most helpful resource for this class. Concentrate on the structures you see in dissection and the overall concepts.

Don't panic! Things seem overwhelming for the first couple of days, but once you see how reasonable the first test is, you'll have a better sense of the level of knowledge you need to succeed. Focus your time on learning structures on the cadavers (i.e. preparing for the pin test); don't worry too much about the written (especially embryology)--it's a small part of your grade.

Be prepared ahead of every class (including the first one), so you are reinforcing what you learned instead of learning it for the first time.

Stay on top of the material, do the learning objectives in the study guides, and actively participate in all dissections/small groups.

Everyone figures out their own way of studying. For me, if I did the Gray's reading and addressed every objective from the study guide the night before, then lecture would reinforce what I read, and dissection time could be used to really commit things to memory. In general, prepare for class/lab and use your time wisely in lab. If you're not dissecting, quiz your lab partners. Go over all the objectives during lab as well. If you don't get through all the material, don't get caught up in it, just prepare for the next day and play catch up on the weekend. Enjoy it! It's an amazing and unique experience.

Spending time with the cadavers is the best way to learn the material. the professors are really great and available to help. Forming study groups or finding a study buddy helps you learn the material much faster than studying on your own.

Clear your schedule for nothing but HA for 5 weeks! Don't make any appointments, and prepare to be away from your family if you have one and/or friends. Most importantly, do not fall behind and resist the urge to go back and review. Review before the exams not during the week when you need to concentrate on keeping up!

Don't bother with the embryology text. Listen in lecture and ask questions about what you don't understand. The book is not much help. Focus on preparation and save review for when you have time to catch up on weekends or something.

Get Rowans rather than Netters. Memorize arteries and nerves over the summer.

If you put in the time, you will have a very rewarding learning experience. Do not, under any circumstances, get behind. And be sure to prepare for the first day -- it is not a "syllabus" day and there is no time to get oriented. Use the study guide for the first day to familiarize yourself with what you'll be doing in lab and to prepare for the first quiz.

The study guides are your bread and butter. The lecture slides will enhance your study guide learning. The instructors will blow you away with their knowledge and passion for teaching.

Focus on learning as much of the material as possible before class time. Don't worry about reviewing the previous day's material- it will get solidified during class. Lab sessions can seem really long at first, but use the time to your advantage. If you have down time, review concepts with your lab partners.

Work hard- you can do it.

Stay on top of material, study the material before class to get the most out of lecture

Don't buy the embryology book. Don't buy flash cards or an atlas—try to borrow them from somebody and find out if they work for you. They didn't help me at all.

Prepare as much as possible before each class for that day's activities. Type/write/discuss/comprehend all of the objectives in the lab guides. Study the cadavers in the lab as much as possible.

Prepare thoroughly for each dissection the night before for the most efficient learning

Do the reading before each class. Try to make dissection time as focused and high-yield as possible.

Use lectures as a review for what you should already have learned by yourself. It is good to test your knowledge. They usually go too fast to really learn anything from scratch.

Stay current with the material and take advantage of the dissection time. This is an amazing class!

Make sure that you prepare *before* lecture by understanding the objectives for that day's dissection. Otherwise, you are essentially wasting your time in lecture and dissection because it will move too fast. Those times should be review and consolidation, not a place where you are seeing material for the first time.

Learn as much as you can during the lab by asking questions, building models, quizzing each other, showing classmates structures in your dissection, and looking at other groups' dissections. Lab and small groups are where the most important learning takes place.

It is absolutely necessary to preview the next day's material in advance. Complete all of the objectives the night before.

Study more before the class actually begins. (especially cranial nerves).

Focus your study off of the study guides.

Purchase the Instant Anatomy Book.

Don't waste your money on the embryology book.

Don't just read the book before lecture/lab...memorize it; otherwise you'll be left in the dust!

Netter flashcards were invaluable.

Never look back, always work on preparing for tomorrow

Read the study guide before quizzes. Do not just focus on the objectives.

Do not fall behind. And if you study hard all throughout (as opposed to just before tests) you will be fine. Anatomy is super interesting, and a lot of work. But don't freak out. You will pass.

Stay on top of your studies! Checking out the related material in your atlas will help you connect your dissections with the content of the lectures.

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 513 ICM I
Autumn Quarter 2010-2011
Course Chair: Dr. Margaret Isaac
Date: January 18, 2011

N=101
Number of Respondents: 41
Response Rate: 41%

HB 513: What Advice Would You Offer To Next Year's Students About This Course?

Don't stress about structure or the lack there of, just enjoy it and ask questions about things you are interested in.

Attend class, particularly small groups, and take advantage of the chance each week to debrief and re-orient to clinical medicine in the midst of a science-heavy year.

Really spend time preparing for your interviews so you have a clear idea as to the purpose of the interview.

The patient interviews are great and you'll learn so much from the experiences you have (good or bad). The sample interviews done in class are super helpful and make sure to go to ICM small groups!

Take advantage of the advice of your small group leaders and your small group peers to get a sense for how everyone is doing and differences in how people approach the same tasks.

Enjoy this course and savor the knowledge that you will gain from the patients whom you interview. Put a lot of effort into the patient write-ups because the feedback on them is invaluable.

Definitely go to the class. It is really important for becoming a physician and is a lot of fun to go to.

Don't miss ICM.

ICM should not be stressful. Drs. Maestas and Isaac are fantastic. The material is fantastic. ICM is fantastic.

Enjoy it! The things we learn in ICM are what many of us came to medical school for.

Attend the lectures. Be proactive about creating the environment you want in your small group. Value this more than you do getting 99% on your other pass/fail classes.

In the long term, I believe this course will be infinitely more helpful in my development as a physician than many of my hard science courses this term. While sometimes ICM may seem "fluffy", I think that ultimately the skills we learn in ICM are for more significant in my overall career.

Take full advantage of the standardized patient. They are a wonderful source of well-informed feedback.

It is the most important course of the quarter. Engage and embrace it. The foundation to being a good physician begins with ICM.

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 514 Biochemistry I
Autumn Quarter 2010-2011
Course Chair: Dr. Nancy Maizels
Date: January 20, 2011

N=101
Number of Respondents: 48
Response Rate: 47%

HB 514: What Advice Would You Offer To Next Year's Students About This Course?

The syllabus will be your best resource, so use it. Test questions come from the daily lecture goals, so take time to work through these on your own. I recommend attending lecture, and especially the Biochem & Cookies sessions. The Champe book is unnecessary, but it may be helpful if you don't have much background in biochemistry. If you do all of these things, you will be just fine! The course is very manageable, and Dr. Maizels wants students to succeed.

Keep the bigger picture in mind. Don't get too enmeshed in small details.

I would tell them to prepare for the lecture beforehand by reviewing the syllabus. Definitely attend all the lectures or watch them online as that was my main source for gathering all the information for learning the material and studying for exams. The lectures are really great especially Dr. Maizels' lectures are amazing because her presentations are clear and interesting. There is really no need to get a book because all the information is provided in the lectures and syllabus. If you really want to get a book, then just get a board review book such as the Champe one.

For small groups, just read the papers and try to understand the main concepts of the paper so your time during the conferences can be productive.

This is an awesome course. Dr. Maizels is amazing. My advice to next year students would be to attend lectures, take notes, and always remind themselves of the big pictures without getting caught up in small details.

Take advantage of the organization of the course, which allows you to learn more efficiently and delve into the supplemental reading and literature.

Keep up.

Focus on the syllabus and use the lectures for more detail.

Read the syllabus before class, then annotate throughout the lecture. Attend lecture. Additionally, studying using the course objectives was an excellent way to make sure you had covered the material.

Keep on top of lectures, review notes weekly, take all the practice exams, and make sure to attend biochem and cookies.

Prepare for class ahead of time. Look at the old quizzes online- the concurrents are very similar to previous years.

Stay on top of lecture material, prepare before lecture (read syllabus/book), take good notes during lecture, then synthesize notes after lecture and answer all of the objectives in your own words. This helps a lot for studying before tests.

Study using the objectives. If you are a beginner, complete the objectives with each lecture (on that day or shortly thereafter) to solidify your understanding and elucidate your questions early.

Read the syllabus/notes provided and you should be pretty set for the class! Lippincott textbook was helpful as a refresher for basic Biochemistry concepts.

Know the syllabus, and you will do well on the exams. Old exam questions are sometimes recycled.

Try not to slack off. Look at other sites when you are going to study for the common final.

Enjoy the ride

Know the objectives and definitions/keywords. You should be able to figure out the rest based on those.

Study the syllabus and make sure that you understand all of the learning objectives from each lecture.

Take advantage of the syllabus. The lecture objectives are a great way to study for the quizzes, but review more general and basic material for the final.

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 516 Systems of Human Behavior I
Autumn Quarter 2010-2011
Course Chair: Dr. David Harrison
Date: January 19, 2011

N=101
Number of Respondents: 53
Response Rate: 52%

HB 516: What Advice Would You Offer To Next Year's Students About This Course?

Don't miss patient/panel discussions!

Enjoy the lectures, study the syllabus. Don't stress out about taking notes from lectures and panels; use them as live learning experiences.

Study the syllabus for the tests

Attend sessions with patients--you won't be tested on the material, but those sessions are invaluable to our education

Read the syllabus, study the developmental stages for the final

Go to lecture. They're really interesting in the midst of basic science classes and they remind you why you're in medicine.

Attend this course! Fantastic patient panels, really valuable learning experience.

The syllabus is very useful.

The patient panels are a wonderful break from the other courses. Yes, class is long, but do go. There's little else you have to do to do well in the course.

This is a great course. Make sure to keep up with the reading. Having a working knowledge of the material before lecture makes a huge difference.

Read the syllabus!

Ask last year's students which lectures and panels are interesting and which are painful and unhelpful and attend accordingly. There is a major gap of quality and relevance between meetings.

Take this course seriously! This information in the long run is more important than knowing an obscure metabolism pathway. Hang in there; it's really a good class!

Go to class. There is so much to be experienced from listening to patients and observing the patient/physician interaction. These things may not be tested, but they are incredibly important for our development as physicians.

Review both ppts and syllabus.

Use the syllabus and the Seitz reading and lectures as your material, don't bother buying the 'Wedding' book.

Read the syllabus and go to class. There really isn't much more preparation that you will have to do for the exams.

Go to class! The guest speakers and patients are what make this class interesting. Study the student questions before the tests--they are free points, and usually give a good overview of what the test will cover.

Spend some time learning the development stuff in the beginning. use the syllabus and books for studying. Just enjoy the class too, it's really interesting!

Go to class.

Embrace the course, attend as many lectures as you can, and take the time to listen and engage.

Go to lectures - you don't want to miss the patient panels!

Go to class and recognize that the lectures and panels are very relevant to your future practice of medicine.

Make sure you attend lectures with patients at them; they are very interesting and practical!

Attend all of the lectures, especially lectures where patients or panels are included. Read the syllabus and use Seitz to solidify the concepts.

Only attend lecture if you feel like you're getting something out of it, as attendance is not necessary in order to do well in this course. Many of the test questions can be answered using commonsense, although some of the early material (development) requires memorization.

Go to this class. The material may seem straightforward, but it's invaluable to hear from the speakers and patients who come.

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 590 Medical Information for Decision Making
Autumn Quarter 2010-2011
Course Chair: Dr. Peter Tarczy-Hornoch
Date: January 19, 2011

N=101
Number of Respondents: 36
Response Rate: 36%

HB 590: What Advice Would You Offer To Next Year's Students About This Course?

Take advantage of the small group seminars to answer any questions you have about statistics and homework problems-- this was the most valuable part of the course. Regarding the take-home final, the MIDM in a Nutshell and library resource handouts were very helpful resources.

Concentrate on getting the PPICONS format down, learning the value of various literature sources, and learning to assess them for relevance and strength. If the course content is the same next year, those seem like achievable goals and a way to prioritize the information presented.

The homework is very helpful for learning. The final takes longer than you think it will, so start early.

Use MIDM in a Nutshell and do all of the assigned problems for Small groups. It is helpful to look at other WWAMI course sites when studying for the final.

Very valuable course - make sure you learn this material.

Understand examples and use small group time to ask questions.

The readings are interesting and the small group sessions are a great way to understand the material.

Do the exercises for small group meetings.

Don't feel compelled to attend lecture if you would rather go over the material on your own. You can save much of the learning for the course until the end, when you are given the take-home final.

Start with MIDM in a Nutshell and fill in any questions via lecture. utilize small group for answering any questions.

Go to small groups! The clinical experiences of your small group leaders will be really helpful.

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 512 Mechanisms in Cell Physiology
Winter Quarter 2010-2011
Course Chair: Dr. Peter Detwiler
Date: April 11, 2011

N=100
Number of Respondents: 30
Response Rate: 30%

HB 512: What Advice Would You Offer To Next Year's Students About This Course?

Attend or watch the lectures because most of them are interesting and engaging.

This could very well be the best class you take your first year of medical school. The instructors are dynamic and motivated, and above all else, they are excellent at teaching.

Enjoy it! As much as any course in the first year thus far, it is a fun, interesting and dynamic course.

Study from the syllabus and the review slides for the exams. Do all of the practice quizzes.

Be sure to read the assigned text before attending lecture.

The PowerPoints are the most important study aids!

Study the syllabus, attend lectures, supplement the study-guide by reviewing the PowerPoint presentations, and do not fall behind.

Read before class and study the syllabus.

Make two spreadsheets: One for diseases with descriptions of symptoms, pathophysiology, etc. One for molecules/drugs/neurotransmitters with descriptions of their receptor, mechanism of action, agonists/antagonists, etc

Read the syllabus! Go to reviews! Don't miss pathophysiology.

The pace of this course is very manageable; the professors are good in emphasizing what you need to know. Check out the old exams on MedWiki, as they reuse questions.

The lectures are entertaining- go!

There is a difference between knowing a specific topic vs. understanding it. Truly know what is presented on the syllabus so that you can confidently apply the concepts to different problems. Take a look at PowerPoint presentations from the other WWAMI sites if you are not completely "getting it" from your class. To study for the final, consider reading Physiology review for the boards by Lippincott Williams & Wilkins. It is truly a great review. Good Luck!

Watch or go to lectures, print out the syllabus and use it for test preparation, and ask for help/questions if you need it because all the professors are very nice.

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 522 ICM I
Winter Quarter 2010-2011
Course Chair: Dr. Margaret Isaac
Date: April 8, 2011

N=101
Number of Respondents: 34
Response Rate: 34%

HB 522: What Advice Would You Offer To Next Year's Students About This Course?

Enjoy the course and attend. It's not a "hard science" class and there aren't tests, but if you don't know how to talk with patients and collect information then you won't be able to effectively apply any of the "hard science" from your other classes.

If you have questions, ask during class/small groups so you are prepared for the patient interviews.

Go to class!

This is the course that helps you become a good physician in contrast to many other core courses that help you become good encyclopedias. It's true that attendance isn't taken and there are no exams for this class, but it's the one that really delves into life as a clinician. Don't forsake this course for the others, it's not worth it!

Attend all of sessions. This course is a nice break in the otherwise science-heavy quarter. All of the information presented at the sessions is extremely important.

Enjoy it!

Go to all the lectures. The crux of what we will be doing as physicians comes in this class, and it's a nice reminder of what we have to look forward to amidst all of our science courses.

Attend ICM lectures because they are usually interesting!

Do not miss lecture, it's great! The sexual minority panel is not to be missed!

Go to lecture! Even though it seems like some of the information is common sense, you will actually gain a lot of knowledge and skills from the lectures.

Start working on your write-ups right after you do your interview while the info is still fresh in your mind. They take a lot longer to do than you would expect and budgeting your time is helpful.

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 523 Introduction to Immunology
Winter Quarter 2010-2011
Course Chair: Dr. Murali Krishna Kaja
Date: April 11, 2011

N=101
Number of Respondents: 30
Response Rate: 30%

HB 523: What Advice Would You Offer To Next Year's Students About This Course?

Try to get the big picture first, there's so much minutia it's easy to get lost. I'd recommend flipping through a board prep book just to see what you are expected to get out of the course.

Make a spreadsheet of cytokines and other signaling molecules... it ends up being quite a lot!
make a spreadsheet of the diseases, their symptoms, pathophysiology, and treatment.

Dr. Kaja is unfortunately leaving UW, so you will have a different course chair. Rely on your TAs if you have questions about which concepts are most important. If you attend nothing else, attend the small-group sessions! Learning about immunology through a clinical lens was a great way to solidify the lecture material.

Use the lecture slides and you will do fine

Read the textbook and do the questions in the back of each chapter.

The material can be overwhelming at first if you have no prior experience in immunology. Try to keep up.

Know the slides well; book is not necessary unless you need extra help.

Study the lecture slides and start learning the cytokines early!

Keep going back and re-synthesizing information as you learn about more parts of the immune system. Look up anything you don't understand early on so you don't get confused about different steps in the immune response.

Think about the topics from a disease-centric perspective. With any given illness or infection, what are the symptoms and physiological effects that can be expected, and what steps take place in the immune system as a response?

Study off of the PowerPoint slides and you will do well in this class. Attend the TA review sessions, as these will focus your studying for exams.

Use the review slides that the TAs provide to study for the tests. They are the most useful study materials!

Stay engaged in this class, and don't miss small groups, you'll regret it.

Do practice quizzes and pay attention to case studies. Immunoglobulin diversity is a major topic on the final exam. Do not focus as much on diseases.

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 524 Biochemistry
Winter Quarter 2010-2011
Course Chair: Dr. Nancy Maizels
Date: April 11, 2011

N=101
Number of Respondents: 26
Response Rate: 26%

HB 524: What Advice Would You Offer To Next Year's Students About This Course?

Focus on the syllabus. Tests were very fair and based on practice questions.

Keep up with it. Read the syllabus before checking out the lecture. It really helps with comprehension.

Read the syllabus before class, makes lecture useful.

Know the syllabus for Dr. Morris. Interpret Dr. Saari's PowerPoint slides.

While the material isn't hard, it builds up, so study at least a little every day to keep up with lectures. That way you don't wind up having to cram everything into 2 days, which is doable, but probably doesn't give you time to think about things deeply or get things into long-term memory. If I could go back in time, I would have studied consistently like so: 1) Skim the lecture slides, 2) Read the syllabus section, and 3) Read the relevant section of Lippincott's, and 4) Outline as concisely as possible the main points so you can study off your outlines for exams. I would have done 1-3 before lecture, so that you get more out of lecture, (e.g. you are in a position to ask questions, and can more easily take notes and still follow lecture even if you miss something that was said while you were note taking). Then, I would do #4, allowing you to combine reading and lecture material into your notes. It is easy to get lost in the details and think of biochem as a laundry list of reactions to memorize. Keep the big picture in mind - the connections amongst pathways, the purpose of each pathway, and key steps in the pathway (e.g. major regulation points). The tests were pretty basic and big picture. The TA provided a helpful everything-you-need-to-know summary handout for exams, which I found extremely helpful in figuring out exactly what was big picture. People talk about work-life balance and by that they usually mean don't do excessive work, but work-life balance means don't do excessive non-studying. Find the balance that you're comfortable with. If you think just passing is too low a bar, go study and don't feel guilty about it. Maybe find a like-minded study buddy to study and take study breaks with.

Draw concept maps, read the syllabus before lecture, do practice questions.

Study the syllabus and be familiar with the metabolic pathways! Be sure to do the practice questions for each lecture before the exams.

Keep up!

Make flow diagrams for different metabolic processes: carbohydrate metabolism, fatty acid oxidation, etc. Include vitamins, coenzymes, activating/inhibitory factors, and what disease results from a deficiency at each point in the pathway.

Get and use the syllabus

Just read the syllabus for the tests; practice problems help

Study from the syllabus and the summary slides from the lecture presentations. Do all of the practice questions that are supplied with each lecture.

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 553 Musculoskeletal System
Winter Quarter 2010-2011
Course Chairs: Dr. Greg Schmale and Dr. Barry Goldstein
Date: April 11, 2011

N=100
Number of Respondents: 28
Response Rate: 28%

HB 553: What Advice Would You Offer To Next Year's Students About This Course?

Keep up with the syllabus; learn the anatomy and clinical correlate every week. Read the syllabus before attending the lecture so that you can follow the lecture clearly and solidify your understanding of the material. Attend or watch the lectures!

Focus on the prime-mover muscles, understand patterns of innervation (spinal nerves vs. peripheral), and keep up on the clinical correlations. Talking through the clinical cases in the syllabus with friends was a great way to feel comfortable integrating lecture concepts. Drs. Goldstein and Schmale really want you to learn and enjoy the material, and the living anatomy sessions are especially valuable: having practicing physicians teach living anatomy & dissection is awesome. Finally, the exams are incredibly fair, so if you keep up with the lecture material, don't worry!

Study the syllabus and spend some time with Totally Rad! This class is a lot of fun and once you get the origins and insertions down, everything will be a lot easier!

Trust the syllabus and instructors. Very straightforward course, just apply yourself.

Learn the upper limb well. If you understand the upper limb, the lower limb will be easy.

Attend all of the lectures and small group sessions. The professor's are all excellent teachers and invaluable resources. Study from the syllabus and the lecture slides.

Focus on the major points; don't get caught up in memorizing every small detail. Go to the review sessions to help you more efficiently study.

Study the nerves and what muscles they innervate in an organized fashion. Drawing the plexuses out really helps!

Tests are very fair and straightforward. Learn the material well enough that you can see how things are laid out in your mind and you will do well (that plus the innervations)

Go to lectures, labs, and small groups. Study the syllabus in advance for each activity. Use spreadsheets, flashcards, and drawings in order to organize the information for yourself. Pay attention to the sections on clinical correlations--they are important!

For the tests, focus on what Dr. Goldstein emphasizes in his review sessions.

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 532 Nervous System
Spring Quarter 2010-2011
Course Chairs: Dr. Dennis Dacey and Dr. Kate Mulligan
Date: June 20, 2011

N=103
Number of Respondents: 37
Response Rate: 36%

HB 532: What Advice Would You Offer To Next Year's Students About This Course?

Tracts, blood supply, and pinpointing lesions based on clinical symptoms: these concepts pop up again and again on exams, and you'll be so much better off if you buckle down and tackle them early. Seriously, that's key. The good news is that Neuro is fun and manageable. If you've never taken neurobiology before, the course will be much more work for you than for your Neuro major peers. But, keep on-pace with lectures and lab, and you'll be just fine. I found group study really helpful in Neuro, for lab, pin test prep, and understanding the various disorders, spinal cord lesions, etc. (Hint: the 2011 final was very heavy on "locate-that-lesion" questions, so take time to talk through examples with friends.) Kate Mulligan and Helen Sherk are fantastic resources and will always help you solidify structures in concepts during the lab sessions-- so don't be afraid to ask. Enjoy the course; you'll have fun, and you will pass!

Utilize the many great resources given. Attend laboratory--it really helps to study the material from every angle (lecture, lab, etc.). Read the lecture PDF's before going to lecture (if possible).

Make sure you are aware of all the website resources & use them!

Read over lab handouts and give them a bit of a go before you go to lab for the week. Focus on the beginning of the week's material on Mon & Wed and the latter lectures on Friday.

Split the lab objectives with a partner or two and do them during or following each week. Makes studying way easier. Do lecture objectives as you go, if at all possible.

Review lab and lecture objectives in detail before exams, rather than going through all ppt slides. Work with a partner in lab, and go into lab extra time if you can't get through all the material. (Often, it's nicer before lecture when lab isn't crowded.)

Learn everything early especially all sensory and motor pathways ASAP (probably by the first concurrent at least), because basically they are expected soon, but if you have these all down right away everything else won't be so bad. It is a lot but basically that is the expectation that I felt.

The material can be confusing at first -- the subject matter is not very linear -- but everything you really need is in the slides you're given. The other resources provided (the atlas, the online tools, the book) are all excellent support materials, though, and are good ways to re-visit the info in a different way. Keep studying your slides, though, and you'll get there. Ask questions -- Kate and all the other lecturers are great -- and you'll get a lot out of one of the best classes from first year. If you like problem-solving, you'll love this class.

Attend lecture as much as possible - especially the guests- they're really interesting and relevant. Do as many clinical cases as you can (the book is really helpful for this) it will help you solidify all the pathways.

Go to class and go to lab. Make sure you go through the lab packets every week; they are super helpful and will give you an idea on what will be tested. Understanding the basic concepts, connections, and pathways is all you need to understand the clinical correlations- it's much better to know those things well than to memorize all the clinical syndromes.

Go to all of the lectures and the labs. This course may seem overwhelming at first but everything will come together in the end.

I had the hardest time with the nervous system in college, but this course made it so fun and easy to learn the material! There's a lot to learn, but if you take the time to prep before labs, you should be fine! Blumenfeld is really well written!

Show up for lab and spend as much time talking to Dr. Mulligan as you can.

Use the lab time as much as possible, especially outside of scheduled hours.

The textbook really helped me understand! Try to read the textbook early on but don't rely on it right before the concurrents. Going to lab really helps and don't worry about the tests.

The book is a very nice reference, especially for its pictures. A neurologist even emphasized that we not sell this book, as apparently some people find it helpful even on the wards.

Do the labs. They are super helpful, especially for learning to identify structures in MRIs or in a real brain.

Take notes as you review the lectures, so that you have something to study quickly for the final. Do not underestimate the common final; it was a very long test. At least for the 2011 year, it helps a lot to know tracts and blood supply in detail (like in each cross section) to solve many of the lesion-finding problems. There were occasional details that were tested on (e.g. a disease that had one slide on it in the whole course).

Do the reading in the text. It is understandable and helpful. Print the lab atlas and bring it with you to lab!

This is a very clinically relevant class and a very well-organized class. I found that making drawings was a helpful way to learn. After each lecture or set of lectures, it was helpful to draw out the pathway(s) that we had learned and note where they decussate.

Go to class and spend the time in the lab. Learn the pathways early because you are going to see them again and again.

Stay on top of the materials and use lab time and more.

Go to lab, and do all the lab activities and questions. Study the objectives, and test yourself with the practice questions Kate sends out. If you run into trouble, talk to Kate--she is very helpful!

Stay on top of lectures and try to attend them if you can! The pdfs and atlas are really helpful (i studied exclusively from them and no i wasn't a neuro major when i was in undergrad!)

Don't be overwhelmed with the amount of information at the beginning of the quarter. The material is re-emphasized numerous times. Stick with it and it will become very familiar and comfortable territory before you know it!

Go to all the lab sessions. Dr. Mulligan is a tremendous instructor and resource. It is great to interact with other students, even though it can be overwhelming. Do clinical cases with a partner or a group of friends. After lecture, summarize main points that answer the weekly objectives. Make diagrams, use the tract diagrams, and pay attention to blood supply.

As one with no previous neuro experience, the course was initially overwhelming; but going to lab helps to reinforce the material. Reading the textbook is not required to do well on the exams.

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 534 Microbiology & Infectious Disease
Spring Quarter 2010-2011
Course Chair: Dr. Steve Moseley
Date: June 16, 2011

N=101
Number of Respondents: 37
Response Rate: 37%

HB 534: What Advice Would You Offer To Next Year's Students About This Course?

Don't fall behind because there are too many bugs and details to learn. Start making bug lists or organizing the notes somehow so that you can memorize that just before the test.

Stay on top of your work! The rigors of Micro far surpass those of Immuno, biochem, musculoskeletal and any previous course.

Don't buy the textbook. Everything you need to know for the tests can be obtained from lecture slides. Use Clinical Microbiology Made Ridiculously Simple and Micro cards as study materials.

There's a lot of memorization for micro - start early and develop your own mneumonics or keywords to help you remember them. First Aid for Step 1 has good mneumonics! Make flashcards!

Don't get behind and don't think that knowing the pathogens well will get you a good grade - you need to know the silly details that the lecturer cares about even if they seem irrelevant.

Don't procrastinate! It makes excessively painful!

Get Clinical Microbiology Made Ridiculously Simple right away!

You can buy flashcards that highlight the important details, but I found that making my own summary sheets on excel was helpful (although much more time consuming). I made one sheet per bug, listing the disease it caused, symptoms, pathophysiology, diagnosis, treatment, prevention, complications, etc. This took a lot of time, but it was a helpful exercise and it was nice to be able to search the electronic document.

Don't fall behind. A lot of people recommend making tables (I did this on the advice of second years) but I'm not sure that is the best way to study. I did well in the course but I ended up spending most of my time making tables rather than committing that information to memory.

Study with Lippincott's and First Aid; try to go to class when possible. It's easier to go to lecture than try to learn everything yourself.

Avoid cramming - The course takes a lot of memorization! A book that is more concise than Sherris is Microbiology Made Ridiculously Simple. Read Microbiology Made Ridiculously Simple, and then read over the lecture slides, because it is hard to make sense of just the lecture slides themselves. Ideally, prepare for lecture by reading the text and slides before listening to and asking questions in lecture.

Find a way to organize all of the course material in a way that makes it easy to review for exams. The micro flashcards were a nice resource for reviewing on the bus.

Use Micro Made Ridiculously Made Simple, purchase flash cards, and attend the parasite classes!

Buy the Clinical Microbiology made ridiculously simple and don't waste your time going to the bug parade classes. I thought it was a waste of my time because there was too much information being presented in not enough time. I am someone that attends nearly every class and I finally decided (I wish I had come to this conclusion a lot earlier) that class was a waste of my time - particularly the bacteria. The parasite section of the course was worth going to lecture. I finally felt that I was being taught something rather than just being lectured to.

Stay on top of the material. Do not fall behind. Try to group things that are common. Pay attention to what are the leading causes of disease in certain groups of people. Read the book. Do all the practice questions from all the years available.

Don't buy the textbook, but "clinical microbiology made ridiculously simple" instead. Do all of the practice/old tests. Use First Aid to review for the final!

Go to small groups; create your own cross-reference tables and charts, create your own diagnostics, identify for yourself the key differentiating characteristics of each bug and then build the bug profile around that. So, for example, *C. difficile* is notable for its pseudomembranous colitis. From that piece of information you can build for yourself the rest of the profile!

Don't get behind because there is a ton of material and you will be expected to know all of it. Big picture stuff is not enough. All the little details are fair game for testing. Talk through pathogens with other students and know all the key features of each bug. Practice tests are helpful.

This class is the first one I've taken in medical school that really made me feel like I was on my way to becoming a doctor. It requires a lot of hard work and will make you practice the discipline needed to be successful in the years ahead. It is possible to do well, but you need to review, review, review on a regular basis. Having just finished the class, I can say I'm exhausted, but I'm satisfied.

Figure out a really good organizational method early and stick with it. Figure out how to move between bugs based on different categories (morphology, family, disease, host, transmission, etc.). It is a huge game of cross-referencing, but the info is easy to understand.

Don't underestimate this course. Don't go to class unless you really want to. The small groups are fun but not necessary to do well on the tests. Micro Made Simple and Micro cards were useful.

Don't memorize everything (impossible) but remember the little things that make one bacteria different from another. In order to identify these special little things it's useful to do all the practice exams on MedWiki., organize the info in a way that will help you remember and review for the final.

Take as many practice concurrents and finals as you can find and study hard!

HUBIO ONLINE COURSE RATING SYSTEM

HuBio 535 ICM I
Spring Quarter 2010-2011
Course Chair: Dr. Margaret Isaac
Date: June 17, 2011

N=101
Number of Respondents: 35
Response Rate: 35%

HB 535: What Advice Would You Offer To Next Year's Students About This Course?

Read the physical exam syllabus before actual lab session and you should be fine!

Don't forsake ICM for other classes. The bigger principles introduced in this class far outweigh the time spent on other subjects!

Print out the Spring PE syllabus and read ahead of time or during lecture.

Have fun with it! This is the best part of medical school!

Attend class for the purpose of engaging with classmates on important issues.

Enjoy it and attend the lectures. ICM may seem like the class that is most dispensable due to lack of tests; however, it is hands down the best class during the first year. If the goal is to become a competent, caring physician no other class will prepare you to the level that ICM does. When you're stressed out about your homework and course load, take an hour or two and enjoy your ICM class, there is no better way to bring things into perspective when you feel like the rigors of medical school are bringing you down.

Come to lecture as it's a great respite from all of our science based courses.

Take advantage of the one-on-one time with physicians and senior students in the physical exam sessions. Make sure you really use the sessions to practice your skills (it's very tempting to abandon the T-wing in favor of spring sun) It will make your prep work for the PE final exam much easier. Don't worry, the PE final is extremely low-stress and a great learning experience, (and, everyone passes!).

Prepare for everything and enjoy!

Practice on as many people as you can.

Go to every class. It is worth it! I always leave feeling like I gained something out of it.

Go to class. The lectures touch on the discussions you'll wish later that you'd had. When people talk about how UW students are better in the clinic than those from other programs, part of the reason why is ICM.

Enjoy it!

Interacting with patients is such a wonderful opportunity to learn. Often I left interviews feeling so happy to be in this field and to hear people's stories. Even if I had a more challenging patient, they often showed me what skills I needed to try to improve upon. I would suggest next year's students pause to enjoy and appreciate the time they get to spend with patients in their first year.

Don't be nervous to practice the physical exam! It is a great learning experience and you get to learn skills you will carry forward and build on for your entire career.