

1. General “Study” Skills

How did my habits change?

Not just one thing, but a combination of “habits”

- (i) Note-taking!
- (ii) During Lecture
- (iii) Post-Lecture/Pre-Lecture
- (iv) Exam Preparation

1. General “Study” Skills

(i) Note-taking in class:

- Pay attention
- Try to understand prof’s organization. Some prof’s are very organized so this is easy to organize your notes, while others are not and you have judge this for yourself.
- Once I started using my system it was easier to get the hang of it for all classes.

1. General “Study” Skills

(i) Note-taking in class:

- Use headings
- Some profs write a lot on the overhead/ powerpoint and give clear headings, others do not. When you get into upper level courses (3rd and 4th year) profs seem to talk more and write less
- you need to develop note-taking skills....so not only watch what they write, but also listen to what they say.

1. General “Study” Skills

(i) Note-taking in class:

- Set-up your notebook...important! This is outlined in the next section.
- As you take notes leave lots of space/gaps.
- Leave bigger gaps if there is something you find unclear

1. General “Study” Skills

(i) Note-taking in class:

- Re-write notes? - works for some folks
- I tried not to because it let me be sloppy in lecture as I knew I would be re-writing them later. I tried to keep my notes tidy as I was writing them during lectures.
- sometimes you have to re-write the notes....you know, the days you nod off in lecture and your notes are a mess ;)

1. General “Study” Skills

(ii) During Lecture

- pay attention
- if something is unclear *ask or make a note in your notebook.

1. General “Study” Skills

- (iii) **Post-Lecture/Pre-Lecture**
- Notebook organization

1. General “Study” Skills

- (iii) **Post-Lecture/Pre-Lecture**
- The afternoon/evening of **EACH** lecture, review your notes du jour!
- Studying is not passive...you need to “process” the information you have learned
- Use the course resources available (textbook, website)

1. General “Study” Skills

- (iii) **Post-Lecture/Pre-Lecture**
- Does the course have learning objectives?...great way to see if you understand and provide guidance for developing your study questions!
- Read through your notes using these tools...can you add to your notes?
...is there a good illustration in your text? - note these in the margin

1. General “Study” Skills

- (iii) **Post-Lecture/Pre-Lecture**
This is where the blank page is comes in mighty handy.....
Study Questions
Overviews - what is the big picture

1. General “Study” Skills

- (iii) **Post-Lecture/Pre-Lecture**
Three important things to do as you review you day’ s notes:

1. Think: “Am I going to understand this if I look at it in a month’ s time?”

1. General “Study” Skills

- (iii) **Post-Lecture/Pre-Lecture**
Three important things to do as you review you day’ s notes:

2. Think: “What can they ask me about this?”

1. General “Study” Skills

(iii) Post-Lecture/Pre-Lecture

Three important things to do as you review your day's notes:

3. Think: “Does this relate to any material we have already covered?”

-

1. General “Study” Skills

(iii) Post-Lecture/Pre-Lecture

- At this stage I would be prepared for the next lecture - do I have any questions?

Today you can send your question to your prof by email or post it on the discussion board.....in the olden days we only had the option of asking face-to-face.

1. General “Study” Skills

(iii) Post-Lecture/Pre-Lecture

- How long did all this take?

Once you get the hang of it, it will take about 20 minutes to a half hour depending on the course. Assigned problem sets will take longer of course....but you need to take time to do these....practice is important!

1. General “Study” Skills

(iii) Post-Lecture/Pre-Lecture

What was I asked to do prior to the next lecture?

Assigned Readings?

Check reading list - take a bit of time to preview the chapter (or whatever).....often there is a summary or outline for a chapter...this is the most important thing to read (getting the big picture is SO important!). Your prof will identify the details you need to know.

1. General “Study” Skills

(iv) Exam Preparation - piece of cake

- Students today have too many distractions!!!!
- In my day my phone was attached to the wall and didn't fit in my pocket and there was no such thing as the internet (no email, online communication, or course websites).

FREE YOURSELF FROM DISTRACTIONS!!!!

1. General “Study” Skills

(iv) Exam Preparation - piece of cake

- Find a good place to study (for me it was Woodward library). Avoid places that you know are going to have too many distractions!
- put the cellphone away, turn off the internet
- Take **SHORT** breaks at regular intervals after an hour or so of studying (get some exercise, do the dishes, chat with a friend, check your email)
- Never miss reviewing your other courses!
- Reward yourself.
- Only study with people who are dedicated to the cause!

1. General “Study” Skills

(b) Study skills are not just about reading!!!

1. General “Study” Skills

(b) Study Skills are not Just about studying!!!

What is studying? - it is NOT passive reading (reading notes over and over is NOT studying!)

- Familiarity is not the same as understanding
- You must recognize what you do not understand
- Process the information
- Be able to apply info to different situations
- Reflection - reviewing info re-enforces!

1. General “Study” Skills

SLEEP!!!!

1. Lab Exam Prep

How does all this apply to lab exam prep?

It ALL applies!!!!

Pre-Lab Preparation:

- skim over the website, lab manual, and textbook to get an overview of what will be covered in lab.
- do the words of the week (WOW) at the end of the lab.

1. Lab Exam Prep

During Lab:

- pay attention to the lab introduction and what is on the board (important points will be emphasized)
- take your time, understand what you are looking at, and how it fits into the broader topic.
- make clear, simple drawings that are completely labeled

1. Lab Exam Prep

Post-Lab:

- as with lecture notes review what you have done the same day (or the next day)

OPPORTUNITIES IN BIOLOGY

Research Experience

What are Directed Studies?

- Research!!!! for credit (448)
- can be 3 or 6 credits
- in biology programs (other than General Biology) it counts toward program requirements
- project and evaluation style negotiated with supervisor

Research Experience

✳ Why do a Directed Studies?

- be a scientist...do science!
- find out if research is for you
- acquire skills...get a job!
- become involved in a department
- get to know a faculty member

Research Experience

Biology Honours Information

- Apply after acceptance into 3rd year Biology Major Program.
- Minimum ~75% average in year prior to application.
- Thesis research in 4th year.

Biology 449: Honours thesis (6 cr.) - Big directed studies

Research Experience

✳ How do you find a supervisor?????

- find someone you want to work with first...where?
- check out department websites
- talk to your profs
- talk to TAs
- talk to your program advisor

Start now!



National Science and Engineering Research Council Research Awards:

NSERC – USRA (Undergraduate Science Research Awards)

- NSERC subsidizes eligible professors to hire students on their research projects, thereby creating interesting research-related jobs and giving you the opportunity to gain valuable work experience.

Summer research jobs for 16 weeks, ~\$13/hour.
Awards based mainly on marks.




Natural Science and Engineering Research Council Awards:
NSERC – USRA(Undergraduate Science Research Awards)

Deadline: Application due data varies by department, usually late February (date will be released in January).

Apply through faculty sponsor.

Science COOP: <http://www.sciencecoop.ubc.ca>



Science COOP: <http://www.sciencecoop.ubc.ca>

Work Term Schedule

Schedule A

Year	Fall	Winter	Summer
1	Study Term 1	Study Term 2	-
2	Study Term 3	Study Term 4	-
3	Study Term 5	Work Term 1	Work Term 2
4	Study Term 6	Study Term 7	Work Term 3
5	WorkTerm 4	Study Term 8	-

Schedule B*

Year	Fall	Winter	Summer
1	Study Term 1	Study Term 2	-
2	Study Term 3	Study Term 4	-
3	Study Term 5	Work Term 1	Work Term 2
4	Work Term 3	Study Term 6	Work Term 4
5	StudyTerm 7	Study Term 8	-

*This schedule is intended to accommodate students who wish to complete an 8-month honours thesis in their final year of study.

Science COOP: Information Sessions

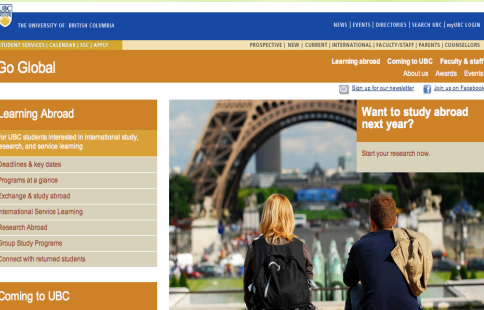
- Monday, **February 1st** 2010
Time: 12:30pm to 1:30pm
Location: Room 5
Address: 2194 Health Sciences Mall, P. A. Woodward Instructional Resources Centre
- Tuesday, **March 2nd** 2010
Time: 11:00am to 12:00pm
Location: Room 100
Address: 2125 Main Mall, Neville Scarfe Building

Science COOP: Considerations:

Need extra term/year to graduate.
But gain good work experience AND get paid while working.

Getting in:
Need 68% average, demonstrated mature attitude, team work, leadership potential etc.

Interested in Exchange?



Work Study

www.careers.ubc.ca/opportunities.cfm?page=worklearn

UBC Work Study is an employment program to work on campus in a variety of jobs and earn additional income to help finance your education.

- You must be a Canadian citizen or permanent resident with the opportunity.
- Students can work a maximum of 10 hours/week at ~\$12/hr (September - April and summer).
- Apply directly for posted position.
- Please read the eligibility information carefully and apply early!

Work Learn

www.careers.ubc.ca/opportunities.cfm?page=workstudy

Work Learn is for international students who want to work on campus.

- For every qualified international student hired through Work Learn, UBC contributes \$9 per hour to the student's wage (the supervisor pays the remaining amount), for up to 150 hours per term.
- The minimum hourly wage for Work Learn positions is \$13.00/hour.
- Work Learn is jointly coordinated and administered by International Student Development and Career Services.

- Exchange/visiting students are not eligible

Canada Summer Job

(formerly Summer Career Placement) <http://www1.servicecanada.gc.ca/en/epb/y/yep/programs/scpp.shtml>

Service Canada
People serving people

Home » Employment » Canada Summer Jobs

Canada Summer Jobs 2009

"Supporting Students: Serving Communities"

Canada Summer Jobs is an initiative of the Summer Work Experience program. It provides funding for not-for-profit organizations, public-sector employers, and small businesses with 50 or fewer employees to create high-quality summer job opportunities for students between the ages of 15 and 30.

Canada Summer Jobs is about:

- providing work experiences for students;
- supporting organizations, including those that provide important community services; and
- recognizing that local circumstances, community needs and priorities vary widely.

Where to go for academic help?

- * Biology Office/Biology Program and Website (www.zoology.ubc.ca)
- * Program advisors
- * Science Information Centre (Chem, Room A150) (www.escience.ubc.ca)
- * Career Services (Room 3207 Brock Hall)

Interested in Volunteering?

- You get to know a faculty or grad student better, you can get a good reference (if you do a good job)
- Many times the volunteer position transforms into a job.
- Trimentoring - senior students mentor first years students and in turn are mentored by a faculty member
- There are a number of great places to look for volunteer experience around campus: talk to your profs, AMS volunteer listing, UBCFarm.

Still selecting a program?

- * Biology
- * General Science
- * Integrated Science
- * Lots of other options

What are your career goals?

Make the most of your undergraduate experience

Where to go for personal help?

- * LEAP - a great website for contact info!
- * Wellness Centre (Room 56B, SUB)
- * Health Services (Room M334 Acute Care Unit)
- * Student Access (Chapman Learning Commons, Main Library) - study and research skills
- * DRC (Disability Resource Centre)
- * Student Undergraduate Society/
General Science Student Societ

Get Involved

- * There is more to being an undergraduate than studying!
- * Clubs.....etc