

BMS 507: START HERE!

● SYLLABUS

Check your syllabus first!

- Communication preferences
- Course policies
- Grading breakdown
- Deadlines & important dates
 - Add important dates to your calendar early
- Know where to find the syllabus when you need it

● CANVAS

Canvas has everything you need!

- **Modules** → “Success Starts Here”
 - Where Do I Start?
 - A&P Survival Guide
 - Anything Else You Want to Know? FAQs
 - Exam Day Instructions 507 & 508
- Access Pearson (textbook)
- Check Canvas & your UNH email regularly
- Read course announcements

● STUDY STRATEGIES

Consistency > Cramming

- Preview → Class → Review → Practice → Revisit
- Lecture = second exposure to the material
- Study A&P throughout the week
- Focus on understanding relationships & mechanisms, not just memorizing
- Use active practice: retrieve, explain, draw, label, and apply
- Revisit material you’ve already learned

● NEED HELP?

- **Professor/TA Office Hours** → Course content & questions
- **PLTL** → Collaborative learning & practice
- **Knack** → Content Tutoring
- **CFAR** → Study strategies, planning & organization
- **Academic Advisor** → Major requirements, academic trajectory

Ask for support early — don't wait until you're overwhelmed

● YOUR A+P GAME PLAN

MAKE ROOM IN YOUR SCHEDULE → STAY CONSISTENT → PRACTICE → USE RESOURCES → ASK FOR SUPPORT EARLY

- Need help putting your A&P game plan into action? CFAR can help!
 - Drop-In Hours: Monday -Thursday 11am-3pm
 - Smith Hall; Rm 206