Dear Future Human Biology Students,

I would like to welcome you to Human Biology. Understanding the structure and function of the body is essential to being an effective health care professional and this course is designed to provide you the opportunity to greatly increase your knowledge base. For those who are taking the course as a general education requirement, this information will be beneficial as you deal with medical conditions with yourself, family, and friends. Whatever your reason for taking the course, what you learn in this class will enhance your appreciation and understanding of the human body. How much you learn will depend on the amount of time and effort that you are willing to dedicate to your education. Your success in this course is all up to you. Taking a human biology course will require a great deal of dedication and self-discipline to be successful. The rigor of the class demands that you put in at least 6 hours of quality study time per week. While the human biology lab (Bio 6) is not required to take with this class I highly recommend that you take Biology 6 as it will give you additional opportunities to learn this information in more of a hands-on setting.

In order to increase your opportunity for learning as much human biology as possible and be successful in the course I have included the following lecture assignments that will need to be completed by the start of class. This information will be included on the first exam. You will need to print out a hard copy of the study guide and lecture note outline (color copies are not necessary). The study guide will need to be completed and ready to turn in on the first day of class. Printing a hard copy of the syllabus is optional.

Assignment 1. Complete the following before the first class meeting:

1) **Read the class syllabus.** The syllabus can be accessed in the “Human Biology Syllabus and Lecture Schedule” section of my website. Printing a hard copy is optional. My website can be accessed at: [http://www.drcroes.com](http://www.drcroes.com)

2) **Watch the following videos:** 1) Courage of Famous Failures and 2) Mindset and Success, Growth vs. Fixed Mindset. Videos can be accessed on the inspirational videos page of my website.

3) **Read the introduction (Chapter 1) of your text book.** If you do not already have the human biology text book (older editions are fine) you can read the introductory chapter found on my website. The link is located in the “Human Biology Lecture Note Outlines” section of my website. The page is password protected. The password is contained in the introductory email.

4) **Print and learn the information contained in the lecture outline for chapter 1.** The lecture outline is located in the “Human Biology Lecture Note Outlines” section of my website. Be able to explain/answer each of the student objectives listed at the beginning of the chapter 1 lecture note outline. This is very important! If you truly know a concept then you should be able to explain it to someone else. The answers to the objectives follow in order within the outline and you should know the objectives in the same detail as in the outline. This can
be can be an overwhelming amount of information and you are likely feeling anxious about what you will need to learn. The best way to reduce anxiety is to study. **Take it one objective at a time and learn that objective before going to the next.** When finished with the notes for that chapter go back and review the objectives. Don’t just read through the information - study with intensity always asking yourself, “**what did I just read and can I explain it to someone else?**” Put time limits for learning each objective. For example – I will learn objective one in 10 minutes and then push yourself to meet that target. Write key words down, explain by speaking out loud, while standing up, sitting down, walking about, running, doing jumping jacks, explain it to someone else – imagine that the person you are explaining the concept to is a future patient. **Practice, Practice, Practice** and before you know it your anxiety will decrease with each objective, clinical application question, and study guide question that you learn.

5) **Complete the study guide for chapter 1.** Do this after you have read chapter 1 and learned the information from the chapter 1 lecture note outline. The study guide can be accessed from the Human Biology Study Guide section of my webpage. There will be a few questions that you may need to do additional research via the internet. **As long as you have at least 90% of the study guide complete then you will receive credit.** The study guide is due on the first day of class.

6) You should go through and become familiar with my website – especially the **“Student Resource”** section as you will find a number of resources that will help in your understanding of the human body.

7) **Complete the practice Quiz on Chapter 1** and hand it in on the first day of class. The quiz will be posted in about a week and I will email you when it is ready. It will be located in the **Human Biology Lecture Note Outlines** section of my website.

8) **You should be ready to hand in the study guide and take a quiz on this material on the first day of class.**

**Assignment 2.** **Complete the following before the first class meeting:**

9) **Read chapter 2** of your Human Biology text book. Chapter 2 is on the chemical composition of the body. At first this chapter may seem really difficult and a little scary. Realize that while this is not a chemistry class, we will go over the basics and how it applies to the body. The main goal is to read and become familiar with the information. We will go over this during the first week and address any areas that you are not sure of. If you do not already have the human biology text book you can read the introductory chapter found on my website. The link is located in the **“Human Biology Lecture Note Outlines”** section of my website. The page is password protected. **The password is contained in the introductory email.**

**Additional learning tools and materials for your academic development.** Note: This is for the most serious of students that are striving to earn a B or A in the class.

10) **Check your knowledge by testing on Quizlet.** To test your progress I have set up a few practice quizzes for you to take. Go to the **“Human Biology Study**
Guides” section of my webpage and click on the “Quizlet – Learning Activities for Human Biology”. Click on the various group sets (Body Systems, Directional Terms, etc.,) that you would like to test yourself on. Joining the group is optional; you do not have to join to participate in the activities. This site enables you to review the information covered in the introduction, make flash cards, and play some really fun games. My favorite is Space Race.

Keep in mind that as you prepare for your career in the medical field you will need to have a strong command of the vocabulary that is associated with human anatomy and physiology. The time and preparation you put in now is an investment for your success in a future career, so get ready for a full semester of preparation and investment! In the words of Albert Einstein “Never regard study as a duty, but as the enviable opportunity to learn.”

I believe that each of you has the potential to be successful is this class, but you need to be willing to sacrifice and set aside adequate study time to lean the material.

Dear Waitlisted Students:

As long as there are seats available I will over enroll and add students from the waitlist that are serious about their education. I automatically drop any student who does not attend the first class meeting. By the time the semester starts I have seen a number of spots open up and have been able to add all of the students on the waitlist. The lecture hall is large enough to accommodate about 110 students so if you are number 1-30 on the waitlist I will be able to add you to the class. However, I only add serious, dedicated students from the waitlist that have completed the first class assignments.

Human Biology is a challenging and a fascinating subject to learn. I look forward to working with you this semester. Please let me know if you have any questions.

Dr. Croes