**AP Biology Success Tips**

1. A biology textbook cannot be read the way you would read a novel! Begin by pre-reading the chapter; glance at the section headings, charts and tables in order to organize the material in your mind and stimulate your curiosity. This will make it easier to read the chapter and extract more information from it.
2. Be an active, not passive reader, by stopping frequently (at least every paragraph) and consider what you have just read. *What is the concept being discussed?* Put it in your own words (out loud or by writing it down); by doing so you are reprocessing and using the information presented in the text. Place some notes with some key ideas in your notebook; make sure these notes include all new terms and illustrative examples.
3. Become a note taker and not a note copier! Simply writing down what is written on the board is passive learning (it's a start, but is not as effective as it could be). To get the most out of taking lecture notes, do it in a systematic manner. Before class read the textbook material to be covered in lecture. You will then use class time more efficiently because you will learn more from the lecture, and you will be able to take better notes having been introduced to many of the concepts in the text. During lecture do not attempt to write down every word that is said; that approach is futile and unnecessary. Instead, focus on the major ideas.
4. Summarize information by making your own diagrams and tables, which will allow you to rehearse and test yourself on the material.
5. Relate new information to other, related information.
6. Study with a friend in the class and at home! Take turns explaining the material to each other. Set up on-going study groups and meet each week.
7. There is too much new material in a biology class to be able to learn two weeks' worth of material the night before an exam! Review your text material and lecture notes DAILY so that you can avoid cramming at test time.  Studies have shown that cramming is ineffective unless quality, daily studying has occurred beforehand.  Daily studying and rehearsal helps get information into long-term memory.
8. Make the most of your time in lab by arriving fully prepared. AP Biology labs are too long and involved to try to perform without having thoroughly read over them the day before.
9. Work on Biology EVERY night!  To stay up-to-date in this course you need to spend some time on biology every night. The ideal would be about one (1) hour per night or approximately six (6) hours per week. This would include textbook reading, lecture review, lab notebook assignments, extra credit assignments, and test preparation. On weeks when you cannot devote that hour on a weeknight, you should put in extra time on weekends to make up for it. On nights where you have minimal time, you should at least review the day’s lecture notes.