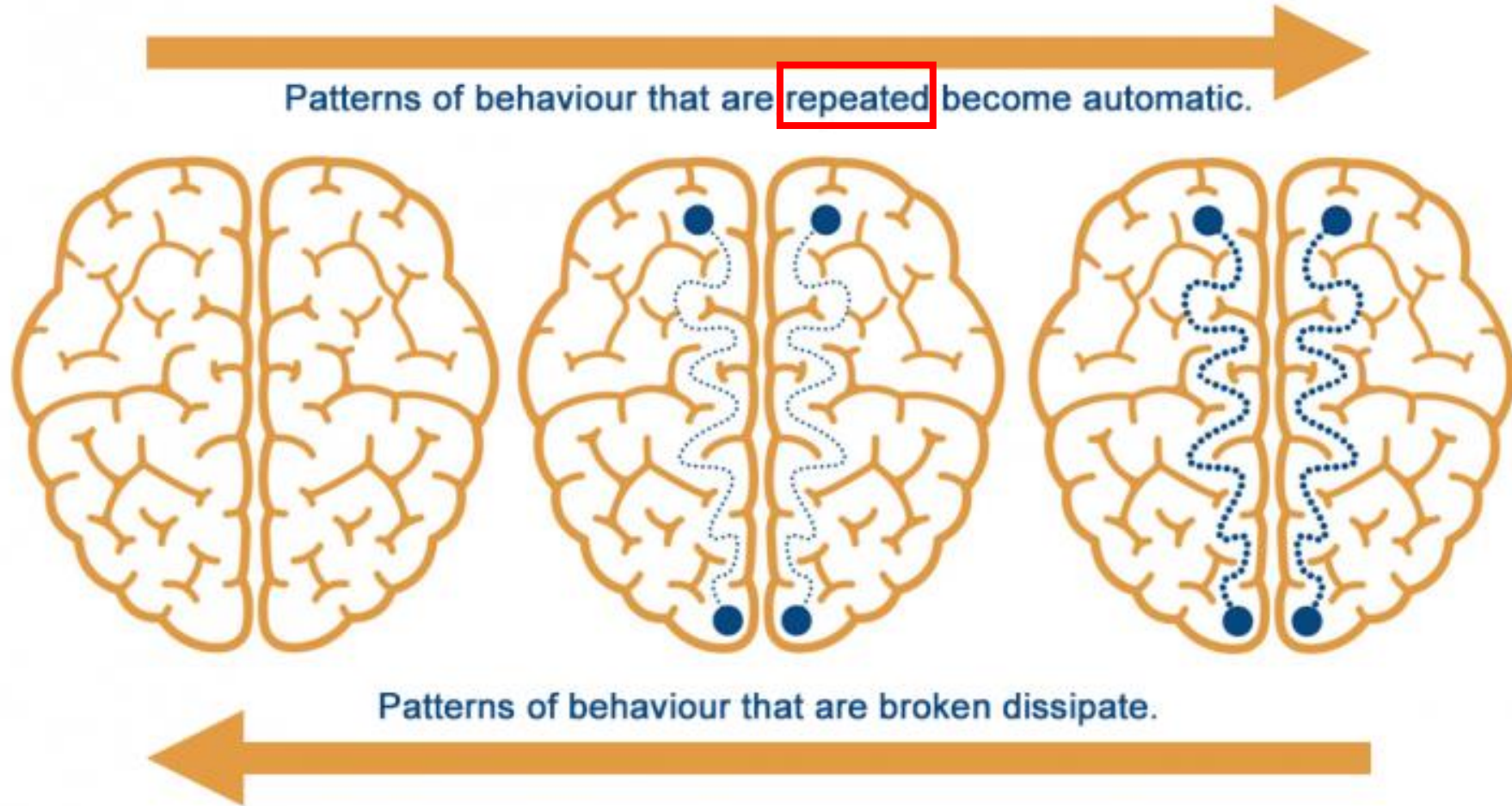




Who's done these activities?

Your brain is a muscle that you need to exercise

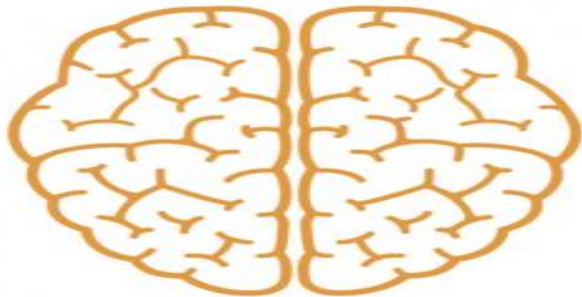
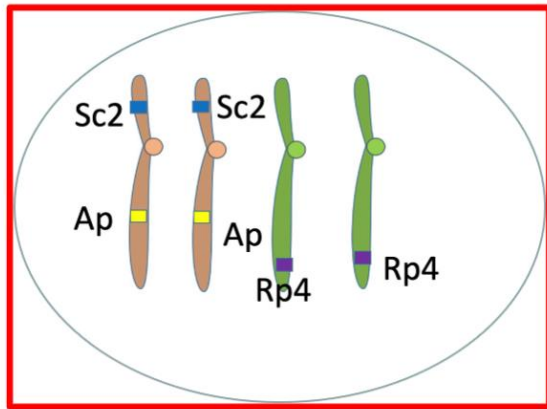


Over time, that exercise builds new connections in your brain (that's learning)

The goal of CM questions is to give your brain a workout (backed by science)

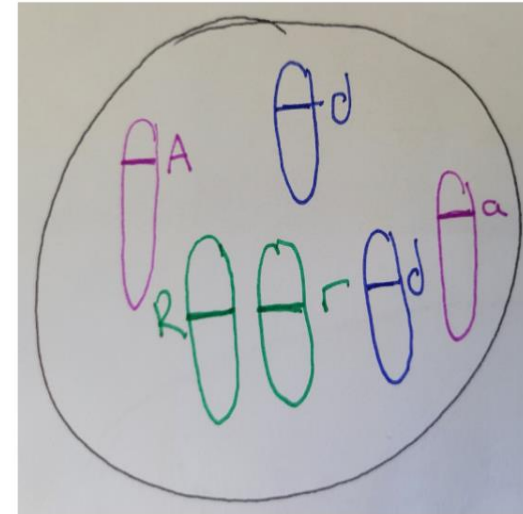
Day 3

- **Q13.** Draw a nucleus inside a cell with 2 pairs of unreplicated homologous chromosomes.
 - On your first pair mark a gene called Sc2 and another gene called Ap on your second pair mark a gene called Rp4.
- Make sure the genes are at the same locus (location/spot) on both chromosomes.



Day 7

- Q1.** Draw a nucleus with 3 pairs of chromosomes in G1 phase. The individual is heterozygous for the “A gene” on the first pair of chromosomes and also heterozygous for the “R gene” on the second pair of chromosomes. The individual is homozygous recessive for the D gene on the third pair of chromosomes.



Exam scores can tell you if your study habits were exercising the right parts of your brain

Exam scores are NOT

- A quantification of your intelligence
- (necessarily) an indication of your effort
- The deciding factor in whether you get into med school
- A representation of your worth

Exam scores ARE

- A quantification of how much material you have mastered so far.
- An indication of how your studying habits influenced your content mastery.
- One component of one grade in one class.
- A number.

Everyone's brain is built different, so the way/speed at which it builds connections will differ



There is no “right” or “best” way to study, it’s just what works best for **your** brain

CM1: Jenny is incredibly frustrated about her BS162 exam 1 grade. She looked over every power point and came to every lecture. She didn't always understand the CM questions in-class, but when looking at the keys the answers made sense. She thinks she's too stupid to take this class, and is thinking about dropping the course.

After learning about neuroplasticity, what might you say to Jenny? And what advice might you have for her about studying?

CM2: How did you study for exam 1. Do you think that helped you form new neural pathways? If so, what worked best? If not, what do you think you could do differently?