How to read

- There's a reason why some ideas and concepts are highlighted by (or in) figures! These are a great starting point. So, try to first understand the figures, when they are presented – refer to the written material to find information that will help you understand the figures.
- Constantly test your understanding (not your memory!) by asking questions about concepts, and by trying to explain what you think you know to someone else (or even yourself!).
- You might need to re-read things *after* the lecture to really understand concepts.
- Try to apply concepts in the book to situations in your own life. For example, when reading about spontaneous reactions, you might ask yourself whether "studying" is a spontaneous reaction! And if so, what might it's change in free energy be? What would be the equilibrium state for "studying?" These are the kinds of questions that really make you think about ideas, and which will increase your learning and understanding. Flashcards will usually only help you memorize things.
- *DO NOT* underline/highlight every sentence in the textbook! Every single word cannot be crucially important, and every concept/idea cannot be equally important!

What to focus on for the readings

- Overall concepts
- Overall pathways
- Important points of regulation of pathways
- Mechanisms of regulation of pathways
- Interconnections between pathways
- Compartmentalization in pathways
- Main substrates and enzymes in pathways (not required to memorize these!)
- Connections to disease (how does biochemical knowledge help us understand disease symptoms and physiology?)

Not important

- Enzyme and reaction mechanisms