

How an A Student Prepares for SCIT 1408 Lab

As you prepare to go to SCIT 1408 lab for the *FIRST TIME*, you should:

1. Have three textbooks, John W. Hole's Human Anatomy and Physiology, 11th Edition, 2006 (referred to as your text book), Anatomy & Physiology Laboratory Textbook, Essentials Version, 2006, (referred to as your lab manual), Anatomy & Physiology Coloring Workbook, 8th edition, (referred to as your coloring book), and SCIT 1407 Laboratory Supplement. This last one is available only in our bookstore. You will need to bring these books with you to each lab, every time.

2. There will be a new lab each week. You will have two lab periods, either Monday and Wednesday or Tuesday and Thursday, or Saturday and Sunday, depending on which section you have registered for, to complete each lab. The lab report is due before the end of the second lab period. You cannot receive points for a lab report that is turned in late.

3. Lab is set up as a series of 20 questions. You will write the answers to these questions on the answer sheet in your Laboratory Supplement and show them to your instructor before the end of the second lab period. You will also fill out diagrams in your lab manual and color according to instructions in your workbook. **These pages must all be shown to your instructor to receive credit for the lab report.**

4. Before the lab begins, read the laboratory assignment in your Laboratory Supplement. It will instruct you to read in your lab manual and textbook and to complete certain figures in your Lab Manual. Complete this assignment before going to lab. See the following example of an assignment:

Laboratory Assignment

1. In your lab manual, read Exercise 1, pp. 1-6 and complete Figures 1.1, 1.2, 1.3, 1.4, 1.5, & 1.6.
2. In your workbook, complete Chapter 1, p. 1-2, #1, #2, #3, & #4, p. 8, #10 & #12, p. 10, #14 & 15, p. 12, #17, and p. 13., #9, #18 & #19.

Do not color until you go to lab. Colors will be assigned on the lab table.

3. Carefully work through each station on the SCIT 1407 demonstration table.
4. Complete the laboratory report. Laboratory report sheets are to be checked by the instructor by the end of the second lab period, or no credit will be given.

5. To fill out your lab answer sheet, look at the lab questions on the table, or in your supplement. You will see something like this:

STATION 2: RELATIVE TERMS OF ANATOMICAL POSITION

REFERENCES:

In your lab manual, read p. 1 and Table 1.1 and complete Fig. 1.1, p. 2.

In your workbook, complete p. 12, #17.

In your text, read p. 18-19 and observe Fig. 1.23, p. 25.

Q5a. Which is ventral, letter Q or letter R?

Q5b. What other term means the same thing as ventral?

Q6a. Which is superior, letter S or letter Q?

Q6b. Which is proximal, letter T or letter U?

The station numbers help you work through the lab in order. This is the second station in this particular lab.

The references are to tell you where to find the answers to the questions.

In your lab manual, read p. 1 and Table 1.1 and complete Fig. 1.1, p. 2.

This reference tells you that you will find answers in your lab manual on p. 1 and in Table 1.1. Part of your lab assignment is to complete Fig. 1.1, p. 2. If you read the assignment for the week before you came, you will already have this figure completed.

When you have found the answer, write the answer for Q5a. on line 5a. of your answer sheet and continue with the next question.

6. Take your lab manual, workbook, and answer sheet, open at the appropriate pages, to your instructor before the end of the second lab period. All work must be completed to receive points. There is no partial credit.

7. If you finish your lab before the end of the assigned lab period, you have several options:

A. Use the remaining time to label your figures and read for next week's lab preparation.

B. If you have questions about the material, ask your lab instructor for clarification. This is a good time to get extra help with things that are puzzling you.

C. Review the lab material for the week you have just completed and check your answers with the answer key. Go back and see why you may have missed a question, and if you don't understand the answer, ask your lab instructor.

D. Review previous lab materials to prepare for the Practical Exams at Mid-semester and at the end of the course.

8. The material over which you will be tested in lab is in the Study Guide Outline of Laboratory Modules at the beginning of each lab. You should be able to give the location and

function of each structure in the Modules. This will be true, whether you are asked a specific question about it in lab or not.

Example of a module:

Module 18

Replication--Where does it occur, when does it occur, and how does it occur?

Semiconservative

Requirements:

DNA strand

DNA nucleotides

ATP

DNA polymerase

9. Use your lab time wisely to complete as much of your work as possible. Neither your boss nor your spouse nor your children are allowed in our lab. This is your time, and your instructor is there to help you if you need it. Don't let this time slip away!