Course Overview: Biology is a natural science discipline concerned with the study of life and living organisms, including their structure, function, growth, origin, evolution, distribution, and taxonomy. The fundamental axioms of modern biology are the five unifying principles. They are cells are the basic unit of life, genes are the basic unit of heredity, new species and inherited traits are the product of evolution, an organism regulates its internal environment to maintain a stable and constant condition and living organisms consume and transform energy (Avila, 1995).

Learning Strategies for Students

Learning Strategy: These recommendations are for students to maximize their potential, improve the study skills today and excel in the course. Every student has to self-reflect and determine how to manage time, read effectively, reduce stress, reduce procrastination and make good use of office hours.

1. Attendance & Punctuality is VERY IMPORTANT: Attend lecture and take notes. If you're not attending lecture, you're missing the most important part of the course. Copying someone else's lecture notes or the instructor's PowerPoint is not enough!
2. Be an active learner: To do well in science courses you must be able to understand (not just remember) the concepts presented and to be able to apply them under new circumstances. So, when you read your text or go a lecture, constantly ask yourself what the material means and why the professor wants you to understand it.
3. Read the textbook: Always read the textbook with a specific goal in mind, such as answering specific questions or understanding particular concepts. Read MORE THAN ONCE! Study the illustrations to understand key concepts and also structure function relationship.
4. Understand the concepts: In biology, as with any science, memorization is important but memorization alone is not enough — you must be able to apply the concepts that you have learned to new situations. One way to learn how to relate concepts to each other is by concept mapping: make a diagram of the various concepts relating to an overall idea, and then connect them with lines that indicate the relationships between the concepts.
5. Work together: Recent research has shown that people who study and work together learn more quickly and effectively than people who study and work alone. If you can teach something to someone else, you will really understand it yourself!
6. Ask questions! It's OK not to understand a concept the first time around. But it’s a crime to ignore it. Also use the college’s supplemental learning resources if instructor is not available for explaining materials.