

BSA Meeting: September 21st, 2020

Welcome to BSA

- Membership Details
- 2020-2021 Officers
- Contact Information
- Ice Breaker Activity

Study & Senior Tips

- Learn how to manage your time, study effectively, and make the most out of your college experience
- Gain advice from seniors based on their time at CSU

BSA Elections

- Social Chair
- Community Service Coordinator
- CVMBS College Council Reps. (2)
- Freshman Reps. (2)

Welcome to the Biomedical Student Association!

- Membership is free!
 - Rewards System
- Officer Team
 - **Hailey Bradley** (President)
 - **Wyatt Deaderick** (Vice President)
 - **Abby Sorapuru** (Treasurer)
 - **Reed Koldenhoven** (Secretary)
 - **Lydia Huesgen** (Public Relations)
 - **Luke Bennett** (Advertising)
 - **Sarah Maddox** (Advisor)
- Contact Information
 - Fill out the survey! (<https://www.surveymonkey.com/r/HGCZFLS>)

Ice Breaker Activity: Who's in the Room???

- In your small breakout rooms, please discuss the following:
 - Name
 - Major (Not everyone may be in Biomedical Science)
 - Year at CSU
 - What you are hoping to gain from being in BSA
 - And if you have extra time, finish this sentence:
 - “For a hobby, I like to...”

Study Tips

- Learn how to manage your time, study effectively, and make the most out of your college experience!



Study Tip #1: Active Recall

Essentially: **Use practice questions**

Explanation:

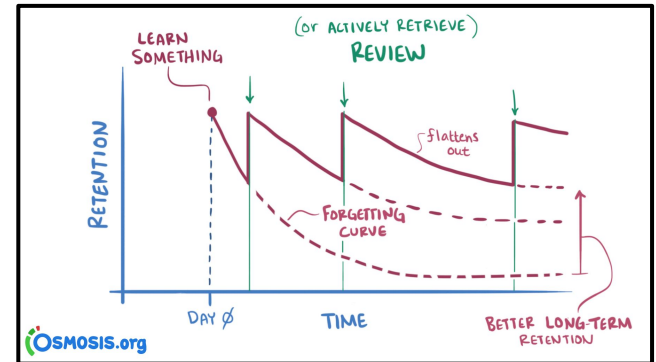
- It can be hard to understand what you actually do not know by re-reading notes.
- Testing yourself (active recall), helps you understand what information you need to go back over.
- Essentially, try and make your studying as active as possible, looking over notes is great but can sometimes lead to you thinking you understand a concept that might need more work.

Study Tip #2: Spaced Repetition

Essentially: Don't cram, **space out your studying**

Explanation:

- The graph to below depicts a forgetting curve, essentially when you learn something, you slowly start to forget it.
- However, everytime you re-learn this topic, the forgetting curve gets reset.
- This shows that you should try and space out your studying into small chunks everyday instead of one long study day of a subject per week.



Study Tip #3: Office Hours

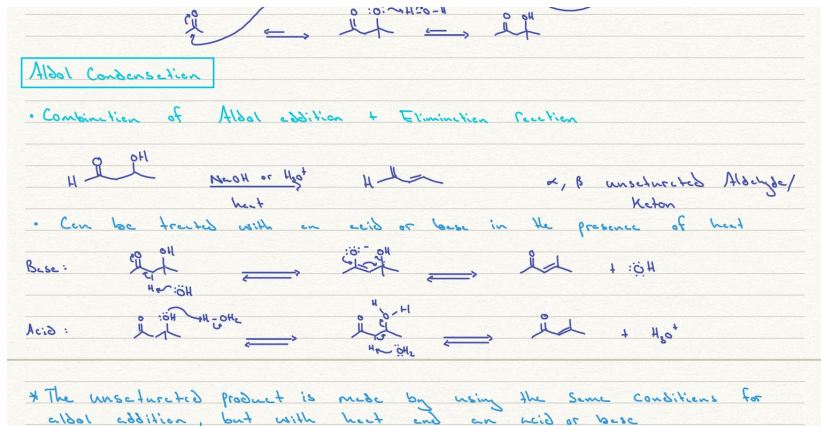
Always go to office hours!

- Go especially if you are stuck or confused on a concept
 - Working with your peers is great, but asking your teacher or TA to explain something will show you how they want you to think through the problem
- Even if you think you know the material really well it always helps to see it in multiple perspectives
 - Use going to office hours as studying and reviewing info you already know

Study Tip #4: Optional Work

Complete all of the optional work you can find!

- Optional work is given out for a reason and extra practice will help you study and cement the idea in your head
- Getting into the habit of always doing optional work is an easy way of starting new study habits/skills
 - As you do the optional work, you are actively studying over a longer span of time instead of cramming it in last minute before your exam



Study Tip #6: Teach Someone

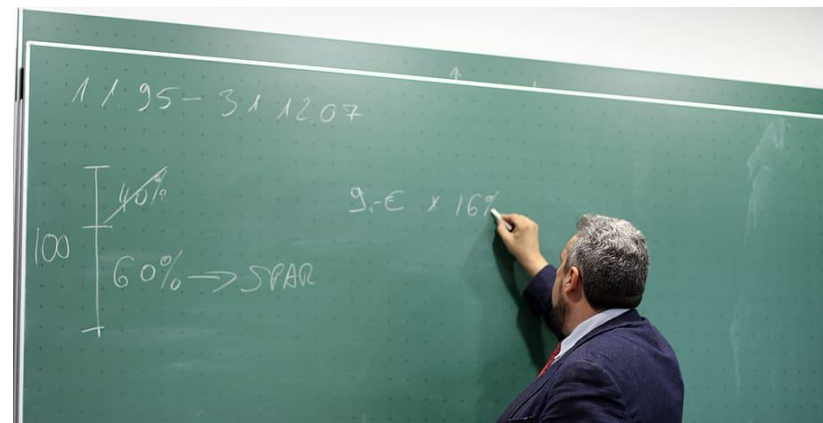
-The best way to tell if you have mastered the material is to teach it

-Teach it to someone in your class as well as someone who isn't, they might have questions you haven't thought of

-Lecture to yourself!

Study Tip #5: Study Guides

- Many classes rely heavily on tests and often there is a lot of information to cover
- Study guides help focus your studying and break material apart
- Don't get bogged down with tiny details
- Make sure you study what you don't know



Study Tip #9: Find the Tools!

- Use your preferred learning style to find tools that aid in making your study time organized and efficient! Here are a few examples:



- **Note-Taking & Recording Lectures**

- Notability
- OneNote



- **Organization**

- My Study Life



- **Flashcards & Test Review**

- Quizlet
- Anki
- Brainscape



- **Group Work & Communication**

- Google Docs, Slides, Sheets
- Zoom, Microsoft Teams, GroupMe



- **Uploading Documents**

- Genius Scan



Summary: There's an app for almost anything!



Study Tip #10: Ask for Help!

- If there is something that you are struggling with, it is highly likely that there are other students struggling too!

Senior Tips

- Gain advice from seniors based on their time at CSU!



Senior Tip #1: Connect with the Community

- Volunteer
- Get a different perspective
- Take time to enjoy something not academic or not in your career field!



Senior Tip #2: Do Something that Scares You

- I took a gap semester during my junior year to explore healthcare
- I didn't know what I wanted to do, or if college was right for me
- Best decision I ever made, I came back to CSU more motivated than ever



Senior Tip #3 Get Involved!

- Many come to college with preconceived notions about their goals, expectations, etc...
- Try different things to find your passions
- Take opportunities even if you don't know where they'll lead

Senior Tip #4 Non-academic Tips

- Check out Fort Collins! Get off campus
 - Cafe de Bangkok
 - Coopersmiths
 - Colorado Room
 - Music City Hot Chicken
 - Pho Little Saigon
- Poudre Canyon
- Old Town
 - Jax
 - The Cupboard
 - Turmeric Indian Grocery
- Pearl Street Mall (Boulder)
 - Great shopping and food

*COVID-19 distance and hygiene standards



Senior Tip #5: ASK WHY ???

- Asking questions often can allow for deeper reflection as to why you are doing something and can also provide insight into your passions!



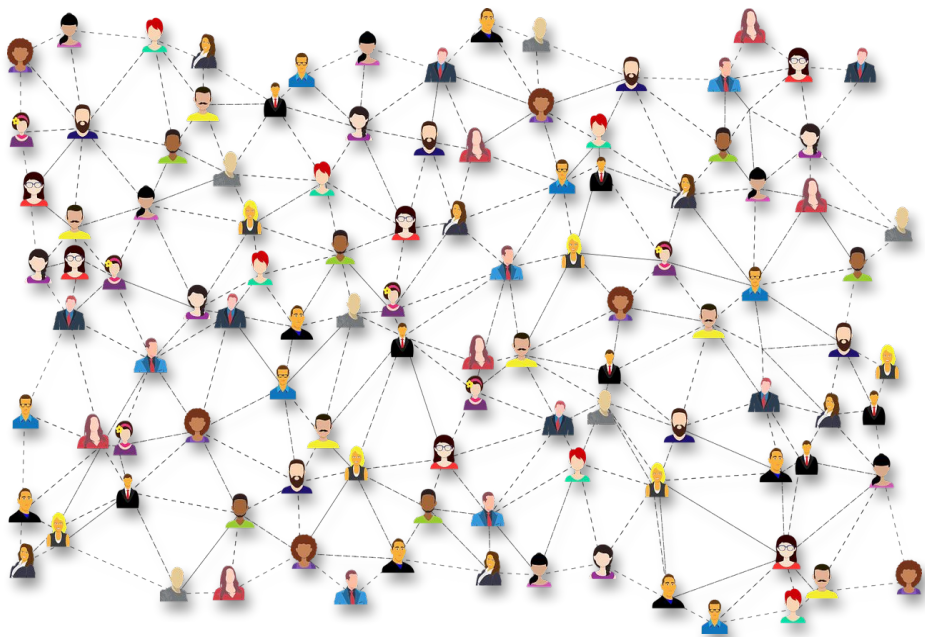
Senior Tip #6: "Me Time"

- It is perfectly fine to take a day for yourself to relax. I am a full believer of:
 - **LESS STRESS = MORE SUCCESS!**

BSA Elections

- Looking for a way to get more involved with the Biomedical Student Association???





Social Chair

Responsibilities:

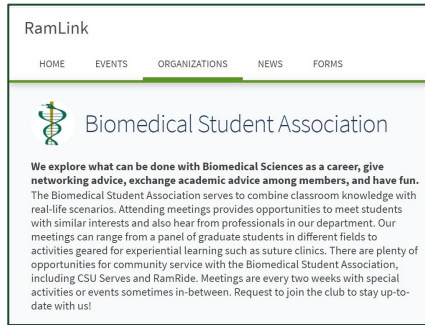
- Planning & organizing various social events involving officers and members of BSA



Community Service Coord.

Responsibilities:

- Scheduling regular volunteer activities and recruiting members to participate



CVMBBS Representatives (2)

Responsibilities:

- Serving as a liaison between the CVMBBS and BSA by attending both meetings



Freshman Representatives (2)

Responsibilities:

- Representing our club to other CSU students and assisting fellow officers with various tasks

Overview of Upcoming Meetings/Events



September 24th

Trivia Night & Prizes



October 5th

Class Registration
Information Session



October 19th

Graduate & Professional
School Panel



November 2nd

Self-Guided Resume
Workshop