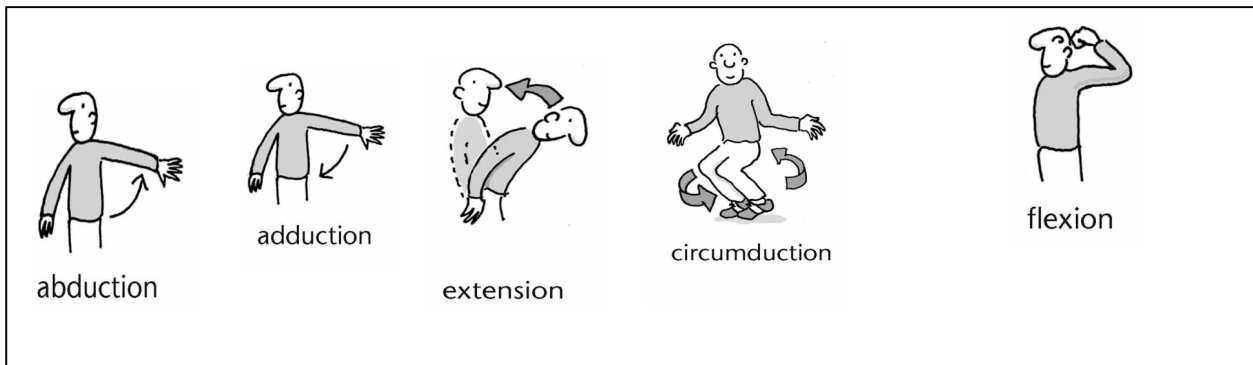


GREAT WAYS TO LEARN ANATOMY & PHYSIOLOGY



The failing Anatomy & Physiology student

I'm sure you can picture the kind of student that I was: sobbing in my kindly tutor's office before my Anatomy & Physiology exam: "I just *can't* do it... I'm going to give up..." Despite putting in many more hours of study than my peers, and already having several academic qualifications, I had hit a brick wall when studying A & P. I struggled to remember most of the 200 bones and 600 muscles, as well as the thousands of facts, processes, diagrams, numbers and spellings that are specific to the study of A & P.



How the idea for a new kind of textbook was conceived:

I had resigned from a stressful job as a lecturer due to a life-threatening illness, and decided to retrain in Complementary Medicine. In the past, I had helped countless students find ways to learn more easily and succeed in their goals, whilst here I was: a failing student of A & P. In fact, over the years, I had worked with many student nurses, physical therapists, complementary medicine practitioners, sports scientists, beauty therapists, and dancers, struggling to pass their A & P exams. Lecturers often appeared to be unsympathetic to these students' difficulties, and could/would not adapt their teaching style, handouts, slides, or exams. Moreover, many of the available textbooks were presented in a dry, wordy, cramped, confusing or monochrome style. After spending a frightening amount of money on semi-useful textbooks, I had that light bulb moment: I'd create my own supportive textbook.



The first step was to use for *myself* the methods which I had been preaching to students for over a decade. The strategies involved: memory techniques, visualisation, mind mapping, stress and time management. The results were amazing: despite weeping on my tutor's lap, I achieved top marks.



The next step was to road-test the materials and approaches with friends, colleagues and students. They used, evaluated, and improved the worksheets, cartoons, drawings, storylines, memory tips and mind maps (called 'Bodymaps' in the book) that I had produced. This took several years, especially as I knew that the book needed to be radically different from the countless other Anatomy and Physiology and Study Skills textbooks already in print.

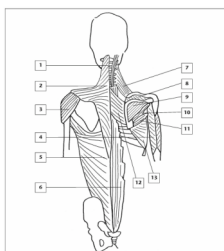


Why the approach of the book is so different from other textbooks:

1. It is based on **'the 10 most effective strategies that help students learn'**.
2. It includes **simplified and original illustrations of complex processes or situations.**
3. The book uses **colour** as an important strategy for visual learners.
4. **Mathematical and spelling difficulties** are covered.

5. **Imaginative storylines and cartoons** help bring to life complex ideas and processes. This also makes **learning fun and enjoyable**.
6. **The tone is supportive**, and acknowledges in a positive way that learning can be stressful and frustrating.
7. **Crosswords** are used to aid revision and spelling.
8. The book is *not* a substitute for students' A & P textbooks and lecturers' notes: it is a **supportive back-up system**.
9. The **layout is clear** and as **reader-friendly** as possible.
10. The book is also designed to **inspire staff working with students**.

Working with a major publisher meant that I had to make many compromises. If I had got everything on my wish-list (for example: hundreds of illustrations in full colour...) the book would have been too expensive to produce or buy. Many a time the publisher reminded me that I was not J K Rowling!



Contents of the book:

Introduction: 'The Memory Bottle'; Relax and take control; Bodymaps; Timing is everything; A picture is worth a 1000 words; Use all your senses; Think-a-link; Memory tricks; Spelling: the 'WAM' way; Read right; Cool calculations; Crosswords; and Useful resources.

The illustration on the front cover of this issue is one that goes with the story of 'The Blood Brothers'. It is used to aid comprehension and retention of the Circulatory System.



About Charmaine McKissock:

Charmaine has contributed widely to the understanding of adult dyslexia and other learning differences. She currently lives in a wee Scottish village, and practises in the UK as a consultant in Dyslexia/Dyspraxia, illustrator, trainer, writer or therapist – according to demand.

She is happy to be contacted at cmckissock@supanet.com with your friendly comments, ideas, or proposals for training workshops relating to *Great Ways to Learn Anatomy and Physiology*.

Ordering 'Great Ways to Learn Anatomy & Physiology':

Great Ways to Learn Anatomy and Physiology is published by Palgrave Macmillan. For further details or to order please go to www.palgrave.com or telephone +44 (0)1256 302866. You can also order the book from any bookshop or various online sites.

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