

Doing well in anatomy?



Pr. M.D. ELAMRANI

Doing well in anatomy=

Doing well in anatomy=

Work organisation

Doing well in anatomy=

Work organisation

+

Doing well in anatomy=

Work organisation

+

**Methods and tools to succeed in anatomy
in particular**

I. Organise your work



Work organisation

Work organisation

- Your most precious asset: your **time**

Work organisation

- Your most precious asset: your **time**
- Get out of time “wasters” and “disrupters”: sign out

Work organisation

- Your most precious asset: your **time**
- Get out of time “wasters” and “disrupters”: sign out
- **Schedule** of the day, week and month

Work organisation

- Your most precious asset: your **time**
- Get out of time “wasters” and “disrupters”: sign out
- **Schedule** of the day, week and month
- “There's no point in running, you've got **to get to the point**”

Work organisation

- Your most precious asset: your **time**
- Get out of time “wasters” and “disrupters”: sign out
- **Schedule** of the day, week and month
- “There's no point in running, you've got **to get to the point**”
- **Do and redo**: “remember = learn, forget then relearn”

II. Equip yourself with the necessary tools

Necessary tools
to
Success



Learning tools

Learning tools

Handouts

Atlases

**Pencilcase: felt pens, fluorescent
markers, pencils, eraser...**

Course and dissection videos

Interactive softwares

Blank sheets

Learning tools

Handouts

Atlases

**Pencilcase: felt pens, fluorescent
markers, pencils, eraser...**

Course and dissection videos

Interactive softwares

Blank sheets

Website

+++

Learning tools

Handouts

Atlases

Blank sheets

Pencilcase: felt pens, fluorescent markers, pencils, eraser...

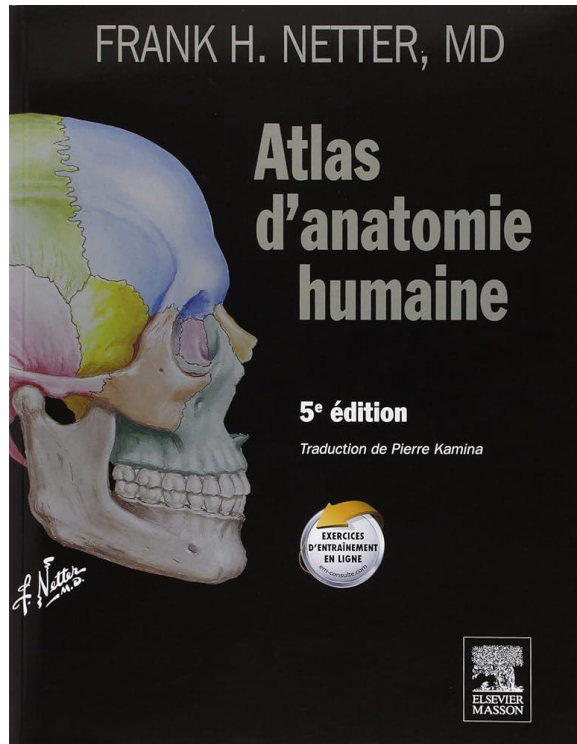


Learning tools

- Recommended references

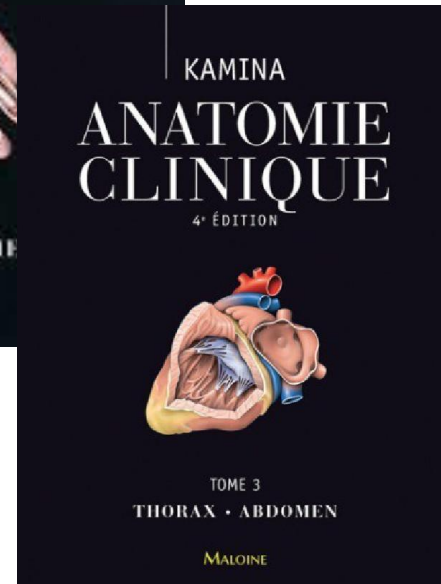
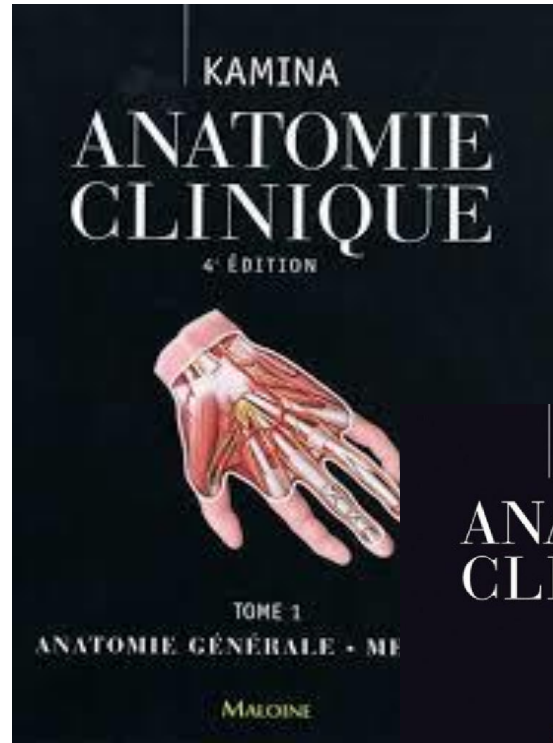
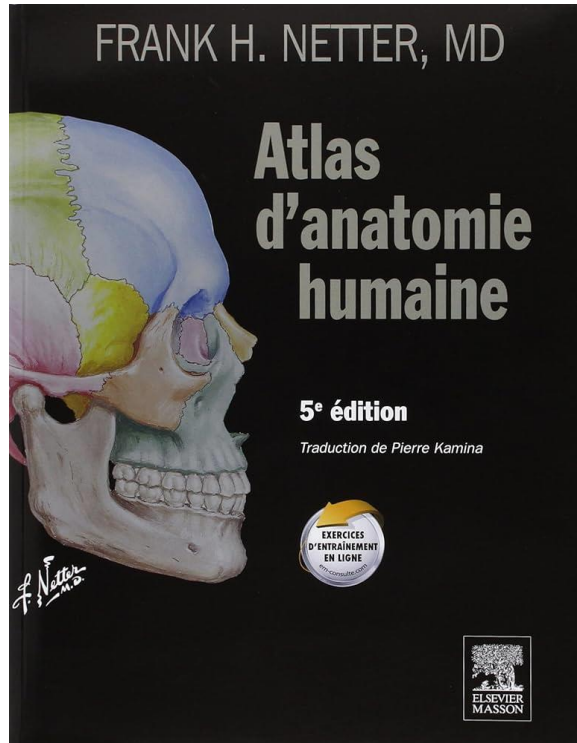
Learning tools

- Recommended references



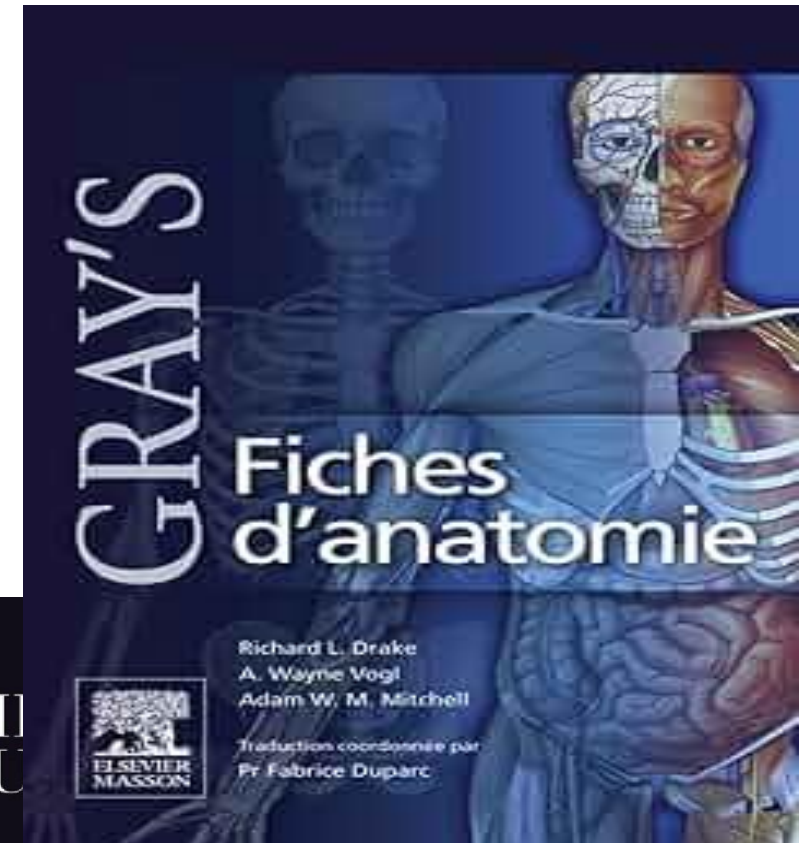
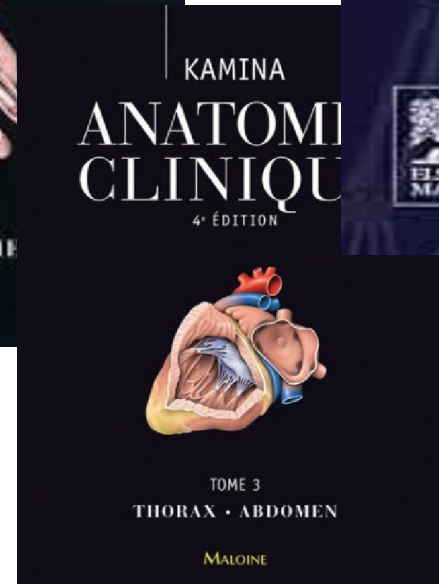
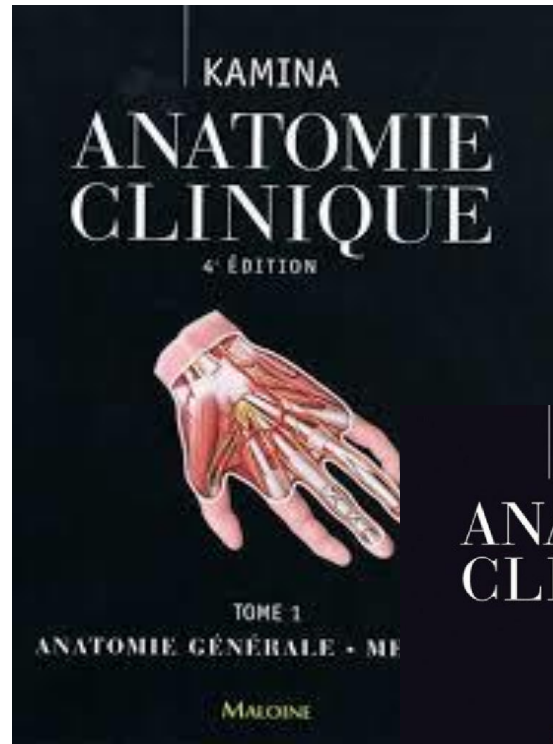
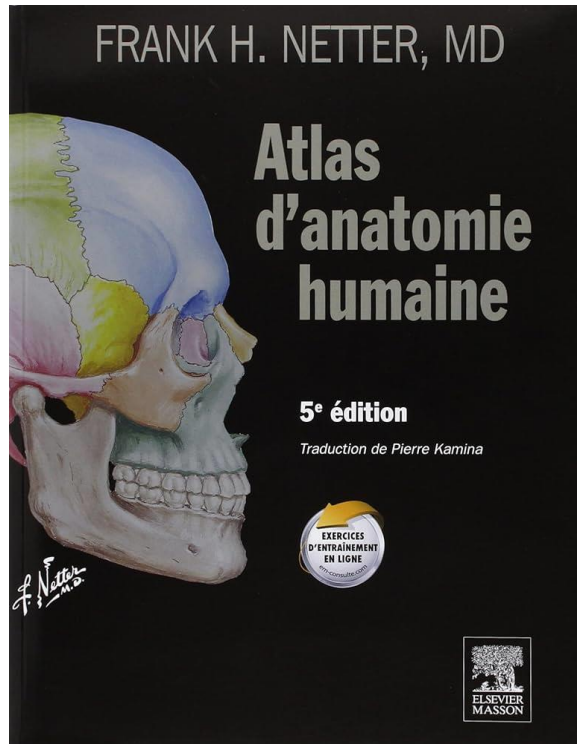
Learning tools

- Recommended references



Learning tools

- Recommended references



Learning tools

- Recommended references

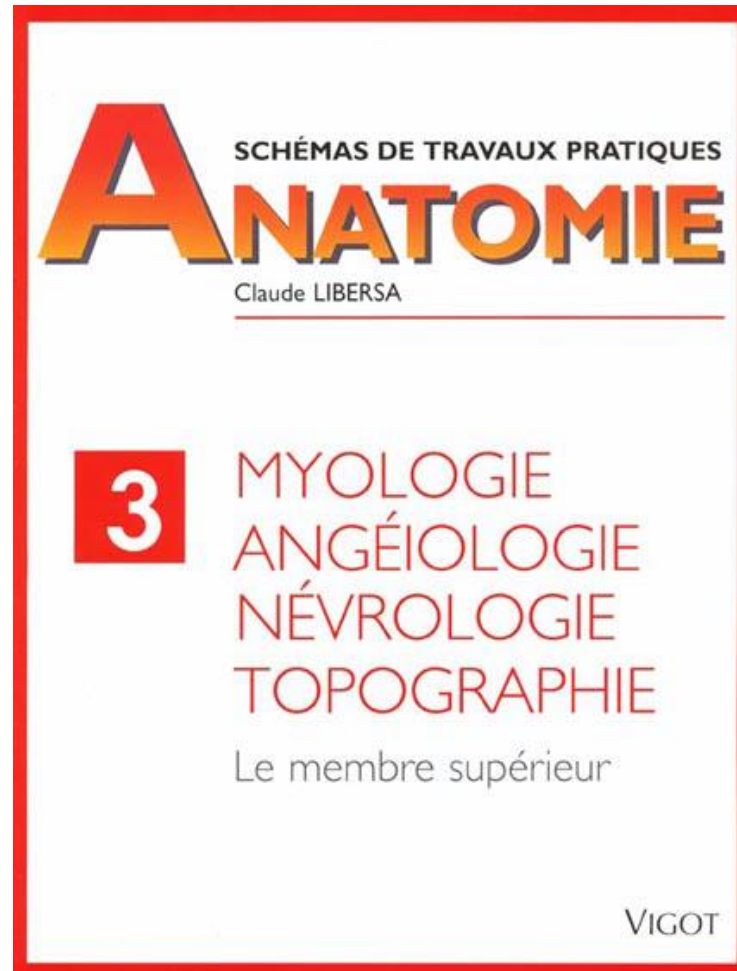
Learning tools

- Recommended references



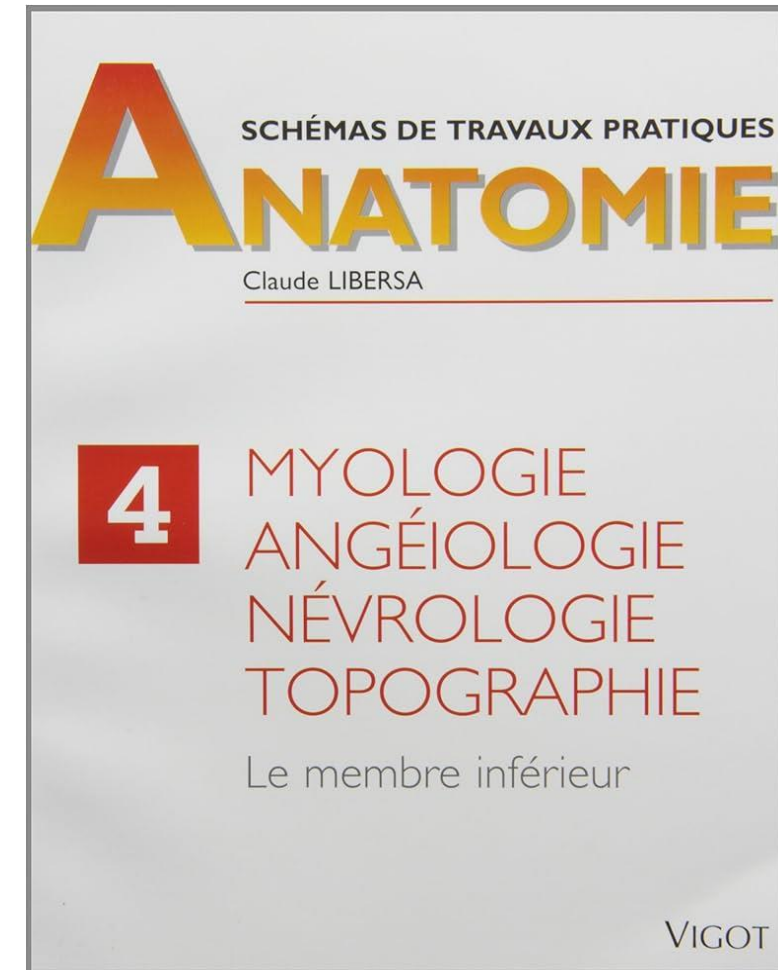
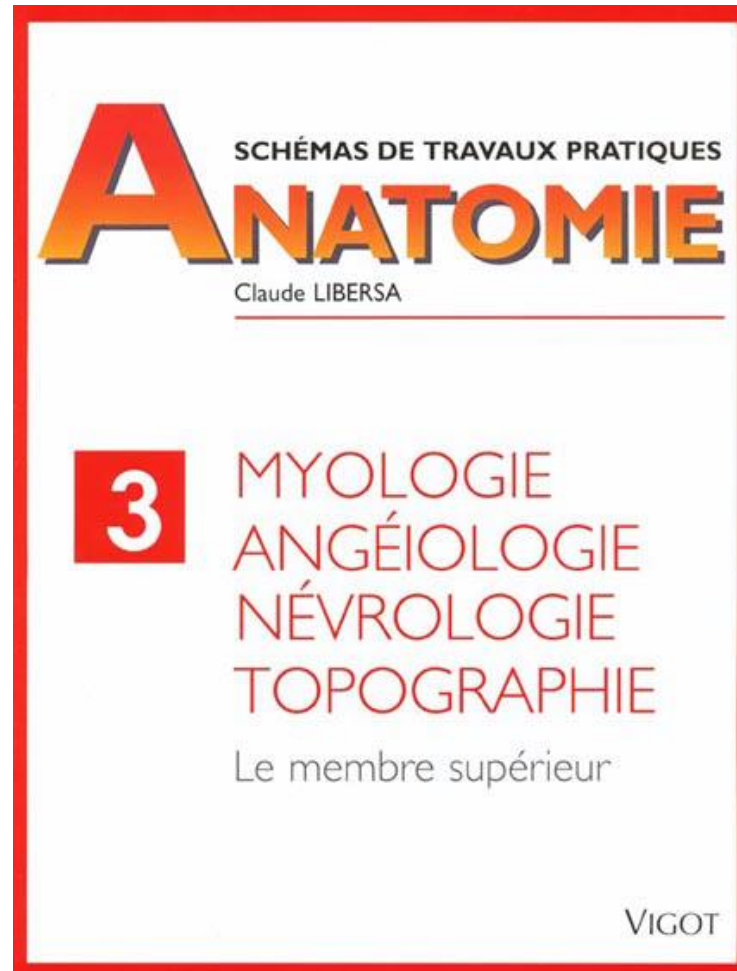
Learning tools

- Recommended references



Learning tools

- Recommended references

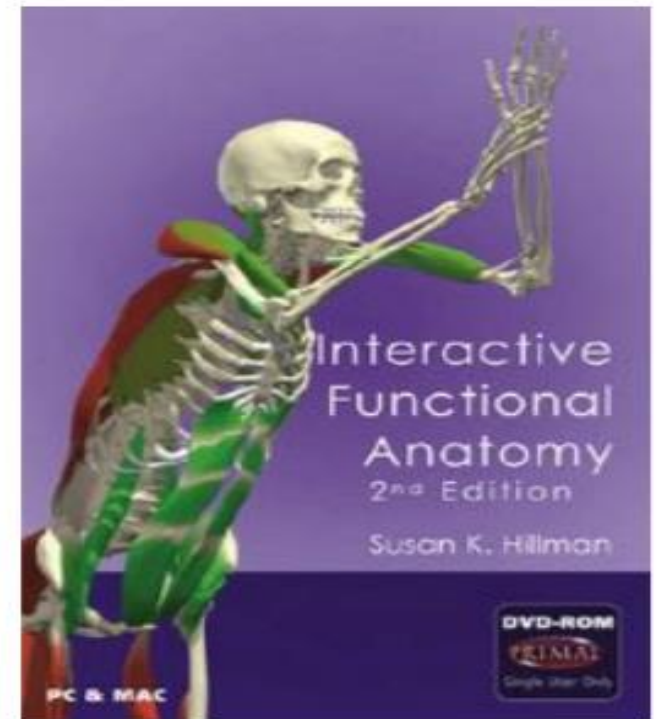
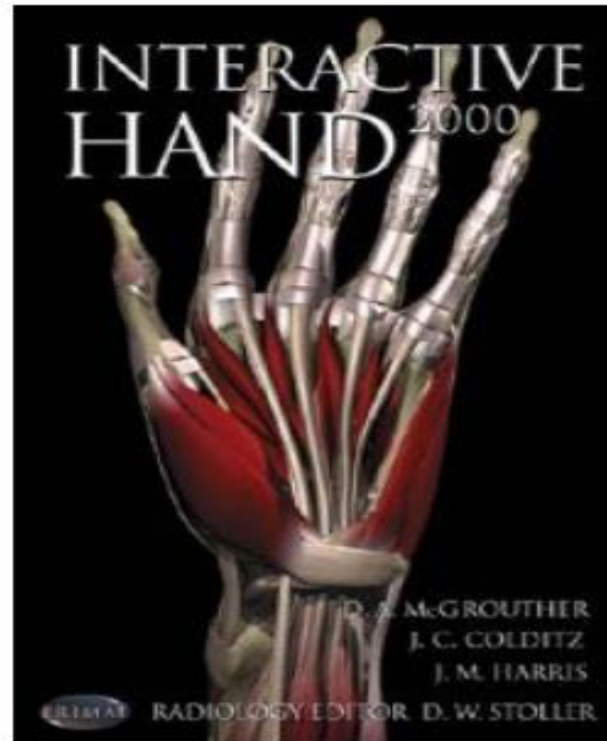
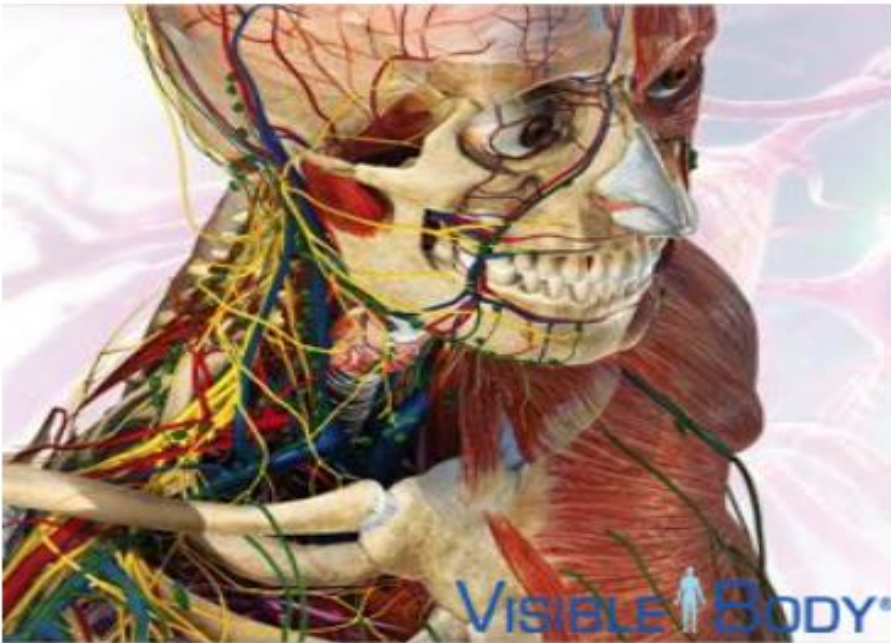


Learning tools

- **Interactive softwares**

Learning tools

- Interactive softwares



Learning tools



Contact



كلية الطب
والصيدلة - مراكش
FACULTÉ DE MÉDECINE
ET DE PHARMACIE - MARRAKECH



Laboratoire d'anatomie - Faculté de Médecine de Marrakech

Rechercher...



Accueil



Laboratoire d'anatomie



Cours d'anatomie



Microchirurgie



Modélisation et impression 3D



Productions scientifiques



Liens utiles



Anatomy courses - English

Learning tools



<https://anatomie-fmpm.uca.ma/>

Contact



كلية الطب
والصيدلة - مراكش
FACULTÉ DE MÉDECINE
ET DE PHARMACIE - MARRAKECH



Laboratoire d'anatomie - Faculté de Médecine de Marrakech

Rechercher...



Accueil



Laboratoire d'anatomie



Cours d'anatomie



Microchirurgie



Modélisation et impression 3D



Productions scientifiques



Liens utiles



Anatomy courses - English

III. Use effective methods



Recommended methods

Recommended methods

Visual memory

Teach

**Never learn by hard, understand
and memorise figures**

Draw

Do and redo

Mnemonics

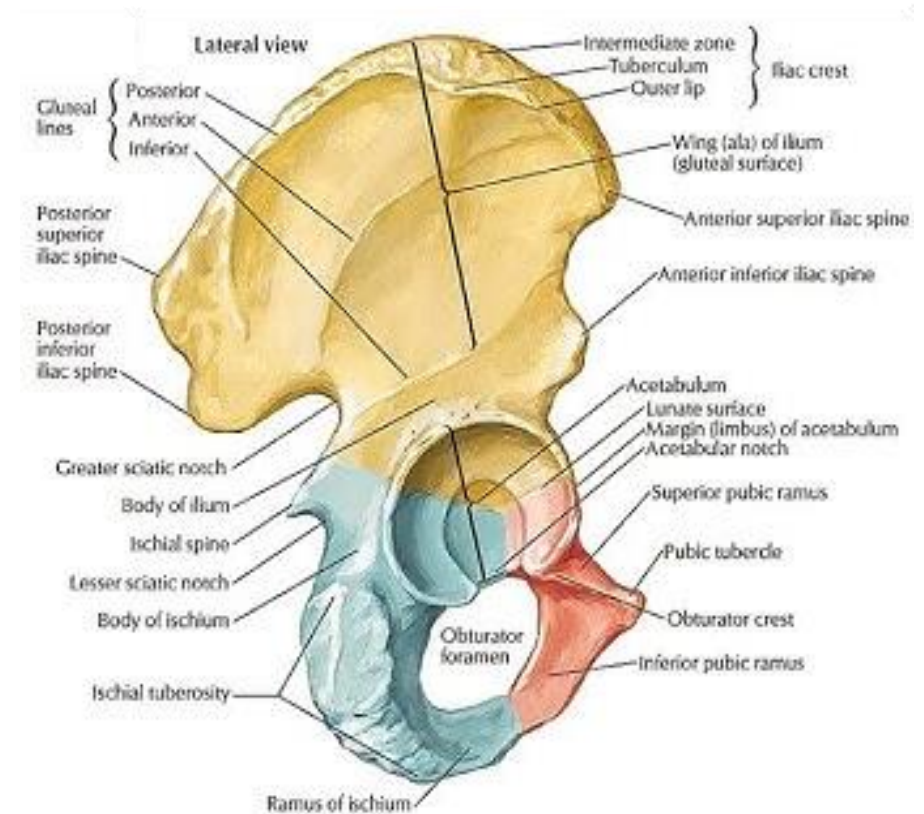
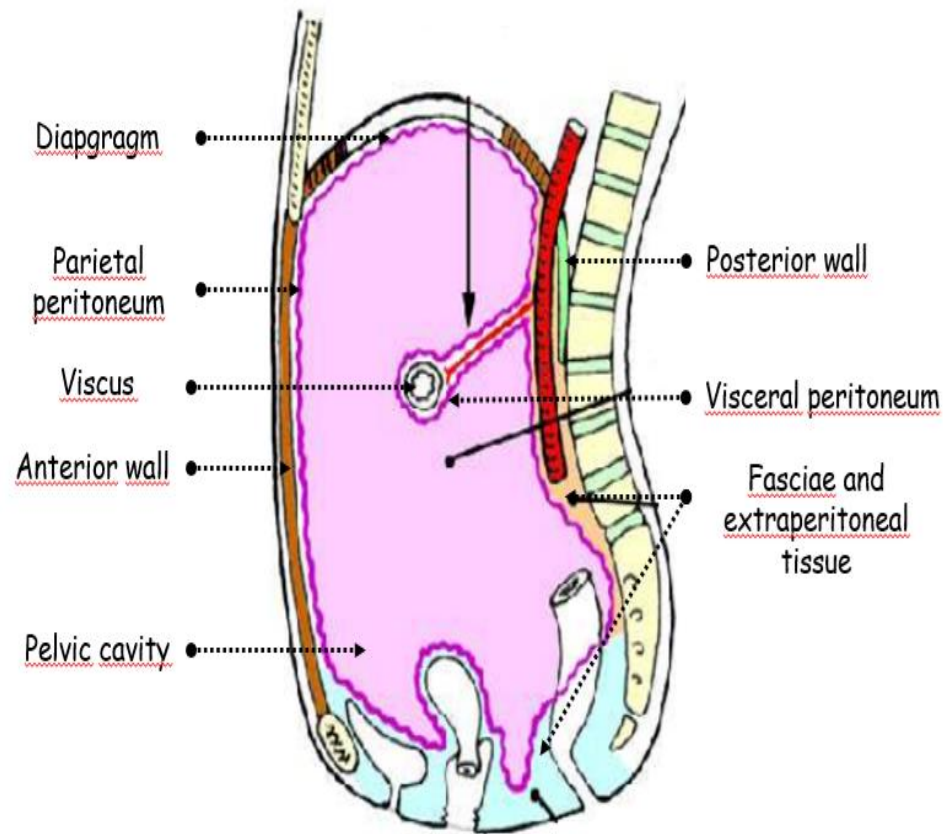
Attend class: take your own notes

Come to anatomy lab: models, softwares...

Text markings: (fluorescent markers...)

Recommended methods

- Visual memory +++



Recommended methods

- Visual memory +++ (text markings)



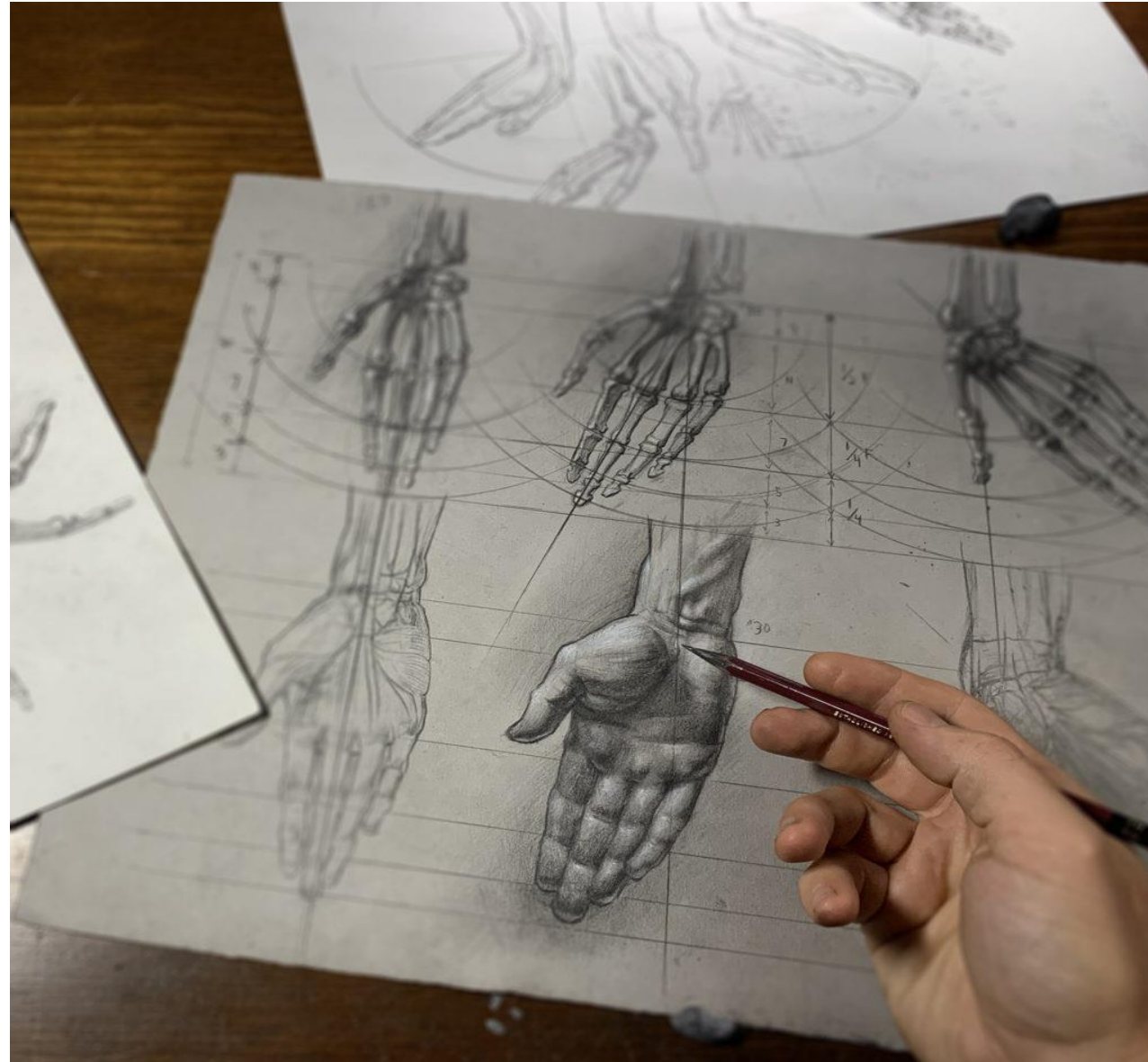
Recommended methods

- Flashcards « memento »
 - Summarize each course in a single page (must only contain the keywords to remember)



Recommended methods

- Draw



Recommended methods

- Draw:

Recommended methods

- **Draw:**
 1. Understand the figure

Recommended methods

- **Draw:**
 1. Understand the figure
 2. Draw the figure by copying it from the book

Recommended methods

- **Draw:**
 1. Understand the figure
 2. Draw the figure by copying it from the book
 3. Legend the figure

Recommended methods

- **Draw:**
 1. Understand the figure
 2. Draw the figure by copying it from the book
 3. Legend the figure
 4. Memorize it

Recommended methods

- Draw:
 1. Understand the figure
 2. Draw the figure by copying it from the book
 3. Legend the figure
 4. Memorize it
 5. Close the book and redraw **the memorised** figure and legend it

Recommended methods

- Draw:
 1. Understand the figure
 2. Draw the figure by copying it from the book
 3. Legend the figure
 4. Memorize it
 5. Close the book and redraw **the memorised** figure and legend it
 6. Check from the book the accuracy of the figure

Recommended methods

- Draw:
 1. Understand the figure
 2. Draw the figure by copying it from the book
 3. Legend the figure
 4. Memorize it
 5. Close the book and redraw **the memorised** figure and legend it
 6. Check from the book the accuracy of the figure
 7. Redraw the figure and provide any corrections

Recommended methods

- Draw:

1. Understand the figure
2. Draw the figure by copying it from the book
3. Legend the figure
4. Memorize it
5. Close the book and redraw **the memorised** figure and legend it
6. Check from the book the accuracy of the figure
7. Redraw the figure and provide any corrections
8. Store your figure in a course folder

Recommended methods

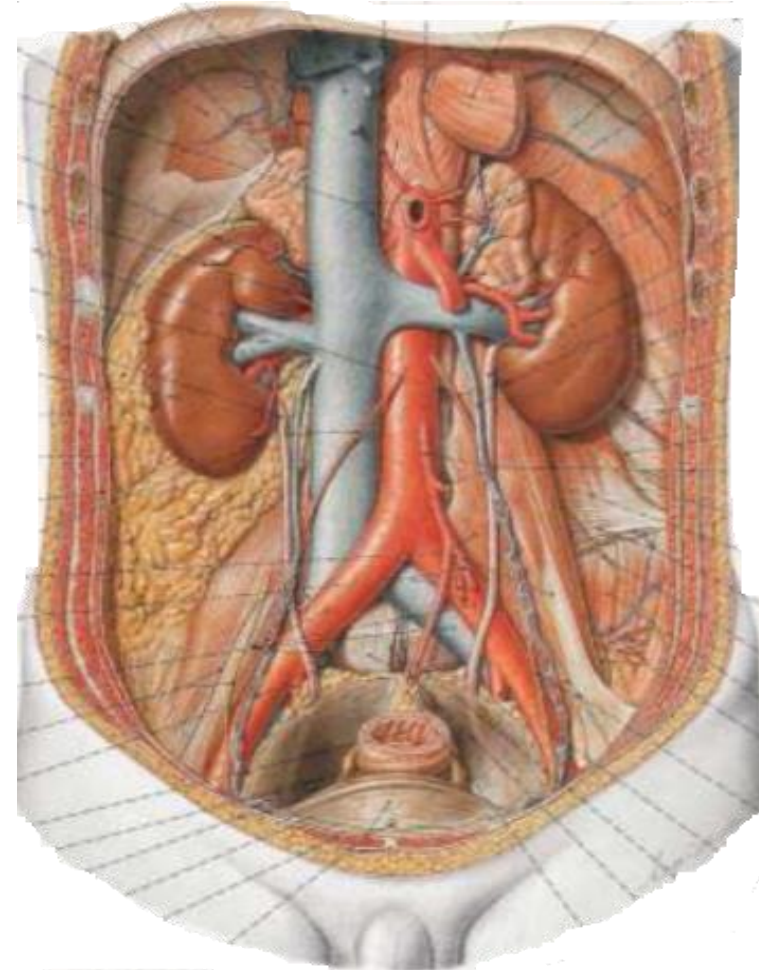
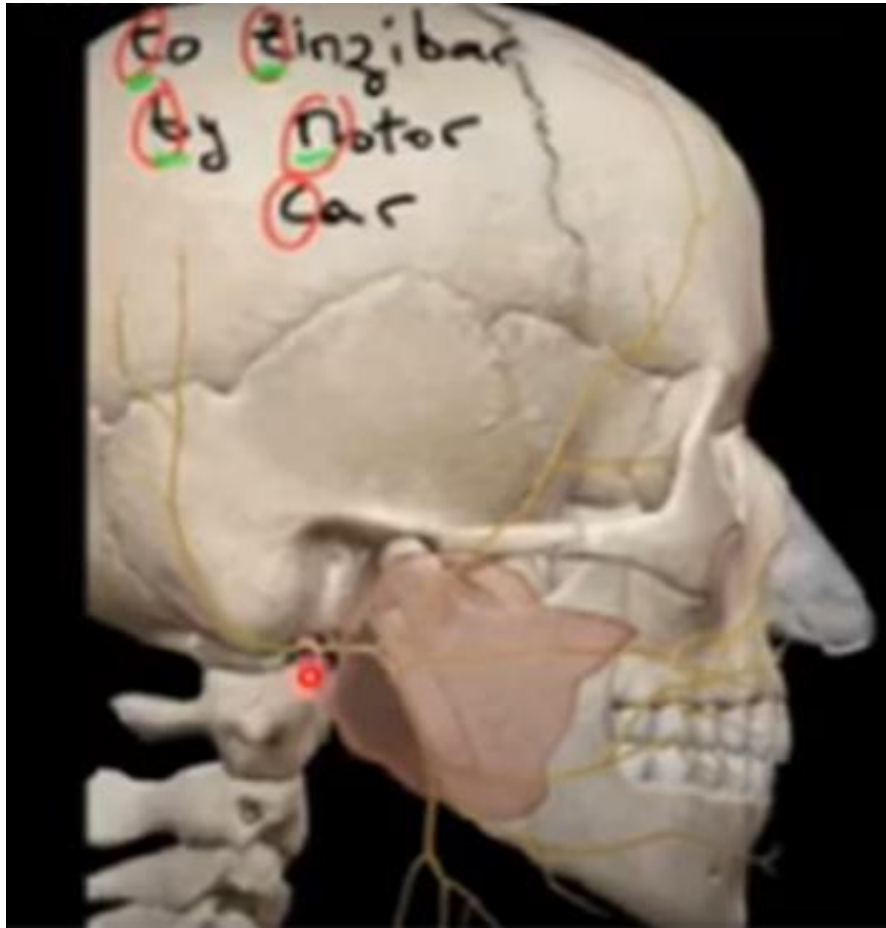
- Draw:

1. Understand the figure
2. Draw the figure by copying it from the book
3. Legend the figure
4. Memorize it
5. Close the book and draw the memorised figure
6. Compare your drawing with the original figure and check the accuracy of the figure
7. Revise the figure and provide any corrections
8. Store your figure in a course folder

We retain perfectly the anatomy of an organ or a region from when we are able to draw it from memory+++

Recommended methods

- Mnemonics:



Recommended methods

- Never learn by hard, understand and memorise figures

Recommended methods

- Never learn by hard, understand and memorise figures



Recommended methods

- Never learn by hard, understand and memorise figures



Recommended methods

- Never learn by hard, understand and memorise figures



Recommended methods

- Never learn by hard, understand and memorise figures



Recommended methods

- Come to anatomy lab:



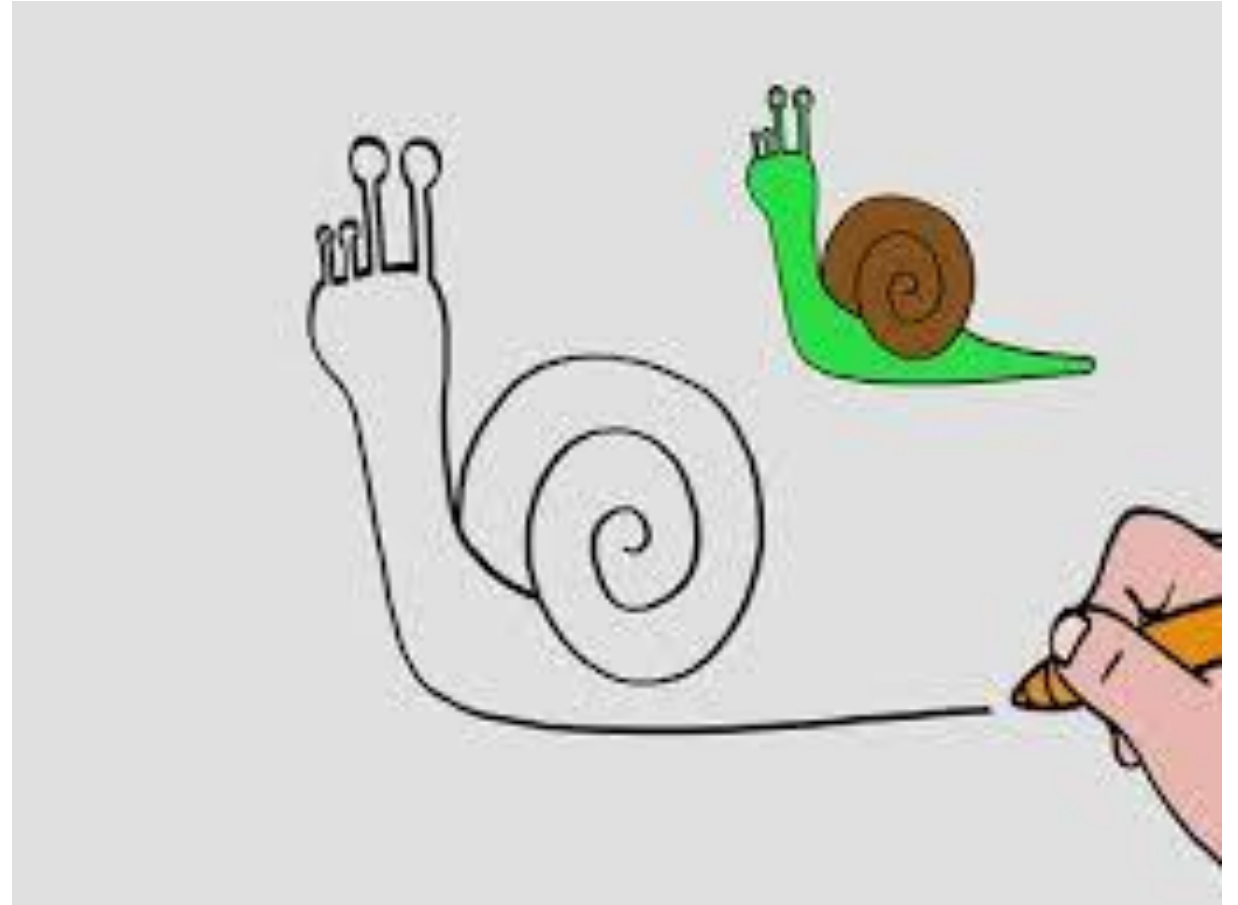
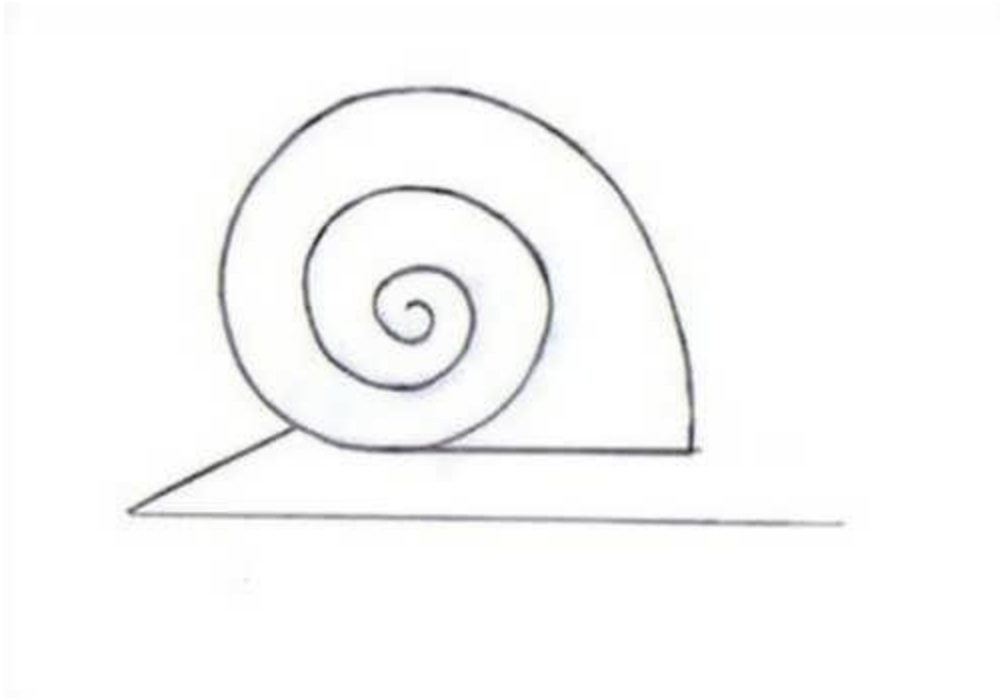
Recommended methods

- Attend class: take your own notes



Recommended methods

- Do and redo: « snail method »



Recommended methods

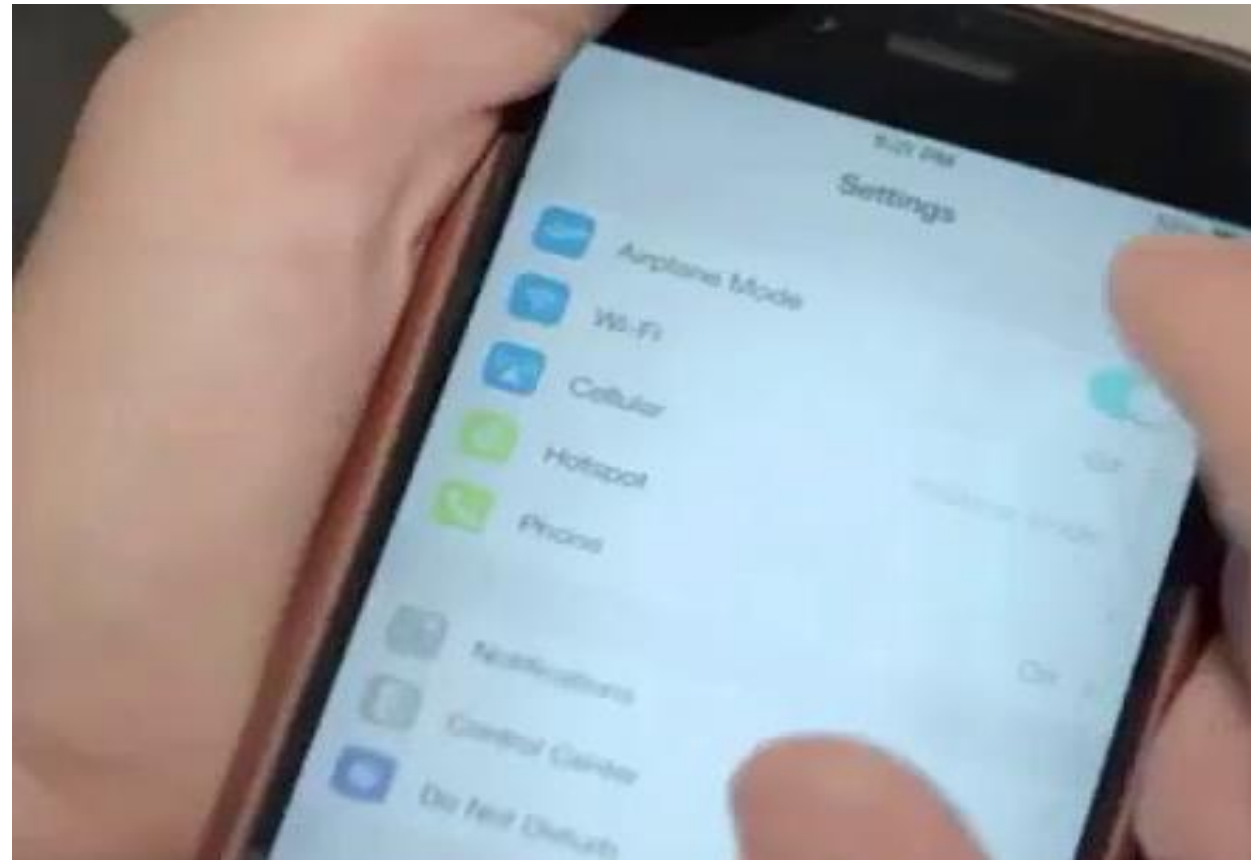
- Teach: « not recite »
 - To a colleague
 - To yourself (audio recorder...)



Demonstration of a session

Demonstration of a session

- First of all: sign out +++



Demonstration of a session



Contact



كلية الطب
والصيدلة - مراكش
FACULTÉ DE MÉDECINE
ET DE PHARMACIE - MARRAKECH



Laboratoire d'anatomie - Faculté de Médecine de Marrakech

Rechercher...



Accueil



Laboratoire d'anatomie



Cours d'anatomie



Microchirurgie



Modélisation et impression 3D



Productions scientifiques



Liens utiles



Anatomy courses - English

Demonstration of a session

Narakeet - Easily Create Voice... x LIVER AND BILIARY TRACT - La... x +

anatomie-fmpm.uca.ma/liver-and-biliary-tract/

Accueil Laboratoire d'anatomie Cours d'anatomie Microchirurgie Modélisation et impression 3D Productions scientifiques Liens utiles

LIVER AND BILIARY TRACT

Accueil > DIGESTIVE SYSTEM > Annexed glands > LIVER AND BILIARY TRACT

+ Textbook

+ Video

Abdominal cavity and wall

Alimentary tube

Annexed glands

SALIVARY GLANDS

LIVER AND BILIARY TRACT

PANCREAS

Laisser un commentaire

Demonstration of a session

Narakeet - Easily Create Voice... x LIVER AND BILIARY TRACT - La... x +

anatomie-fmpm.uca.ma/liver-and-biliary-tract/

Accueil Laboratoire d'anatomie Cours d'anatomie Microchirurgie Modélisation et impression 3D Productions scientifiques Liens utiles

LIVER AND BILIARY TRACT

Accueil > DIGESTIVE SYSTEM > Annexed glands > LIVER AND BILIARY TRACT

+ Textbook

+ Video

Abdominal cavity and wall

Alimentary tube

Annexed glands

SALIVARY GLANDS

LIVER AND BILIARY TRACT

PANCREAS

Laisser un commentaire

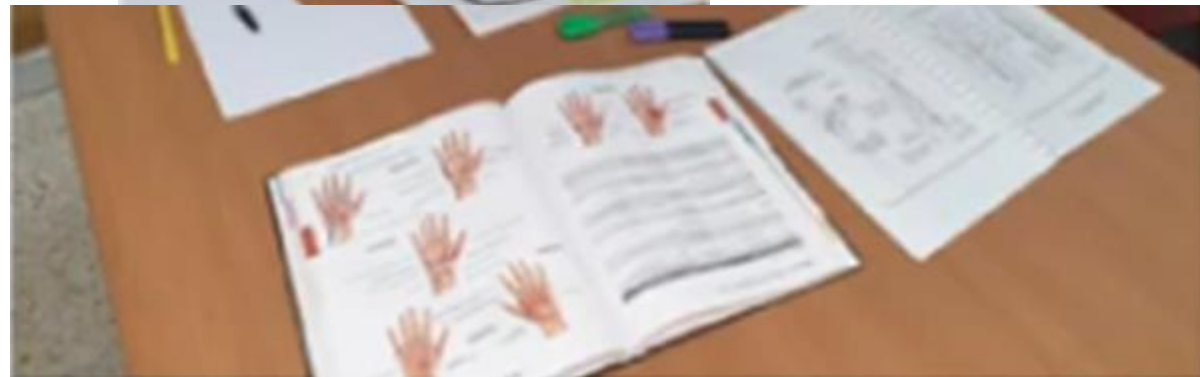
Demonstration of a session



Demonstration of a session



Demonstration of a session



Demonstration of a session

 Accueil  Laboratoire d'anatomie  Cours d'anatomie  Microchirurgie  Modélisation et impression 3D  Productions scientifiques  Liens utiles

KIDNEYS

Accueil > URINARY AND MALE GENITAL SYSTEMS > URINARY SYSTEM > KIDNEYS

+ Textbook

+ Video

Urinary system ^

KIDNEYS

SUPRARENAL GLANDS

URETERS

URINARY BLADDER

FEMALE URETHRA

MALE URETHRA

Male reproductive system v



Lifetime guaranteed method

**May God help you
and guide your steps
in your future paths**