



BioSpring Schedule (Tentative)

Monday, 09 January 2017 (A101 Life Sciences)

Morning

8:30 Program check-in

8:45 Introduction: studying and course work, note taking/listening skills (active session)

10:00 Break

10:30 Content lecture ([Energetics and Cell Respiration](#))

Afternoon

12:00 Lunch

12:30 Learning strategies: Metacognition and the intensive study cycle

1:45 Study time/group work (peer review of notes, practice of intensive study cycle, study groups, Learning Objectives for the exam)

2:45 Break

3:00 Content lecture ([Energetics and Cell Respiration II](#))

4:30 End of day 1

Tuesday, 10 January 2017 (A101 Life Sciences)

Morning

7:00 Review

8:30 Exam

9:00 Time management, reprioritizing time (active session)

10:30 Discussion of exam results and wrap-up

11:00 End of program