**HOW TO BE A LIFELONG LEARNER /**

**HOW TO VIEW STUDYING WITHOUT IT BEING A CHORE**

**FOCUS MORE ON CONTRIBUTION AND LESS ON ACHIEVEMENT**

 How can I apply this to

HELPNG (My Family, My Company, My Team,

My Customers, My Patients, My Friends)

**FOCUS MORE ON THE PROCESS AND LESS ON THE OUTCOME**

 WHICH STUDY SKILL WORKS FOR YOU

 FLASH CARDS, VIDEOS, DRAWINGS, TUTORING OTHERS

 USE THAT STUDY SKILL TO SPEED LEARNING

**GRADES/TEST ARE JUST A FORM OF FEEDBACK,**

**GRADES/TEST ARE NEVER AN END IN THEMSELVES.**

 **NURSE MANAGERS SURVEYED SAID THEIR BEST NURSES WERE**

 **B AND C STUDENTS THAT FOCUSED ON LEARNING NOT GRADES**

**CREATE A HABIT OF LEARNING/ BE CURIOUS ABOUT HOW IT WILL BE USED**

 **\*LEARN SOMETHING NEW EVERY DAY**

Application practice to get started

 NEXT TWO WEEKS USE THESE 4 QUESTIONS TO

 LEARN ABOUT THE **CARDIOVASCULAR SYSTEM**

 I THOUGHT THIS WOULD BE ONE OF THE MORE

 INTERESTING SYSTEMS WE CAN BREAK DOWN INTO

 SMALLER PARTS

 DON’T BE AFRAID TO USE BOOK REVIEW QUESTIONS

FOR **FEEDBACK ON PROGRESS** NOT PUNISHMENT

WHAT IS THE GOAL/PURPOSE/FUNCTION OF THIS

 SYSTEM, ORGAN, TISSUE, CELLS?

WHAT STIMULUS/THINGS MAKE IT WORK OR CHANGE IT’S PERFORMANCE?

WHAT ARE SOME COMMON PROBLEMS WITH THE SYSTEM OR ORGAN?

Anatomy Web Links

<https://openstax.org/details/books/anatomy-and-physiology>

 click view online or download for future use

CHAPTER 19 The Cardiovascular System: The Heart

[Introduction](https://openstax.org/books/anatomy-and-physiology/pages/19-introduction)

[19.1 Heart Anatomy](https://openstax.org/books/anatomy-and-physiology/pages/19-1-heart-anatomy)

[19.2 Cardiac Muscle and Electrical Activity](https://openstax.org/books/anatomy-and-physiology/pages/19-2-cardiac-muscle-and-electrical-activity)

[19.3 Cardiac Cycle](https://openstax.org/books/anatomy-and-physiology/pages/19-3-cardiac-cycle)

[19.4 Cardiac Physiology](https://openstax.org/books/anatomy-and-physiology/pages/19-4-cardiac-physiology)

[Key Terms](https://openstax.org/books/anatomy-and-physiology/pages/19-key-terms)

[Chapter Review](https://openstax.org/books/anatomy-and-physiology/pages/19-chapter-review)

 CHAPTER 20 The Cardiovascular System: Blood Vessels and Circulation

[Introduction](https://openstax.org/books/anatomy-and-physiology/pages/20-introduction)

[20.1 Structure and Function of Blood Vessels](https://openstax.org/books/anatomy-and-physiology/pages/20-1-structure-and-function-of-blood-vessels)

 [20.3 Capillary Exchange](https://openstax.org/books/anatomy-and-physiology/pages/20-3-capillary-exchange)

 [20.4 Homeostatic Regulation of the Vascular System](https://openstax.org/books/anatomy-and-physiology/pages/20-4-homeostatic-regulation-of-the-vascular-system)

 [20.5 Circulatory Pathways](https://openstax.org/books/anatomy-and-physiology/pages/20-5-circulatory-pathways)

 [Key Terms](https://openstax.org/books/anatomy-and-physiology/pages/20-key-terms)