


Physical science final exam study guide

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Physical science final exam study guide

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Your doctor uses a physical exam to help determine what is causing the symptoms of nasal allergy. As part of that exam, your doctor will look at your nose, eyes, throat, ears, breasts, and lungs. What is my doctor looking for in his nose? The doctor is looking into your nose to examine your mucous membranes. If you have allergies, they may be swollen and pale or bluish. Your doctor may take nasal spots to examine under a microscope. In particular, your doctor will look for the number and type of special cells called eosinophils. Often called "allergic cells", these cells can help your doctor determine the type of problems you have. Your doctor may also want to take an X-ray or CT sinus scan. Four out of every 10 people with nasal inflammation all year have changes in their sinuses that may indicate an inflammation of the breasts, called sinusitis, with or without infection, or nasal polyps. What other tests might I need? Your doctor may do a number of other routine tests. These include blood, liver and kidney tests, and urinalysis. Tests like these help rule out other health conditions. Finally, your doctor may suggest allergy tests to determine exactly what is causing the allergies. Once you know, your treatment can be more specific. Here's what you can expect during a physical exam for diabetes: Your doctor will monitor your height and weight as being overweight is an important risk factor for diabetes. If you are overweight, you will benefit from weight loss in two ways. First, losing weight lowers insulin resistance. This means that your body's natural insulin can do a better job of controlling blood glucose levels. Secondly, weight loss can improve cholesterol and blood pressure. This is a good way to reduce the risk of coronary heart disease. Your doctor will take your blood pressure, as many people who have diabetes also have high blood pressure. The American Diabetes Association recommends that people with diabetes aim for a blood pressure level of 130/80 mm Hg or less. Hypertension is an important risk factor for stroke, heart disease and kidney disease. So it is important to follow your treatment plan if you have high blood pressure. Your doctor will check your eyes because diabetes puts you at risk for eye disease. You probably won't notice any symptoms until they have progressed enough to damage your vision. So having your eyes checked can help prevent problems. If you have diabetes, every year your doctor should refer to an eye specialist for a complete eye exam. This exam should include having your eyes dilated so that your doctor can check the retinas in the shoulders of your eyes. Your doctor will check your mouth and Gums to look for any changes. Diabetes can weaken the powers of fighting the germs of your mouth, which can lead to rubber diseases. The doctor can also ask for your dental health. The doctor will control the thyroid gland slightly feeling the neck to check any anomalies. People people have type 1 diabetes are at greater risk for thyroid disease. Your doctor will listen to your heart and lungs using a stethoscope. The doctor also takes his pulse. Heart disease is more common in people with diabetes. The doctor will look at the hands, fingers and feet to control the damaged and nerve blood vessels. The doctor also wants to control the sensation and pulses standing. Your doctor will look on your skin to see if you have skin problems that are common in people who have diabetes. People with diabetes are more at risk for skin problems such as itching, bacterial infections and fungal, and a number of skin diseases related to diabetes. Written by award-winning health writer Bobbie HasselbringRevised by Beth Seltzer, MDLast updated June 2008 courtesy photo: Alexis Brown/Unsplash Test-taking is never fun, but it's something everyone has to face in life. However, it can be even less fun and more stressful when you do not have effective study habits. It can be changed that today, however, with these intelligent study councils based on research that takes into account the biological, psychological, emotional and physical realities of the human being. By putting into practice some or all these tips, you should see drastic improvements in study sessions and test scores. Have you ever noticed that when you go to sleep worried or stressed, you tend not to sleep well? This is because your brain continues to work even while your body is resting. Use this to your advantage. Complimentary photo: Dejan Krsmanovic/Flickr Do some studies when you are drowsy so that your brain can process information during the sketch. Try to avoid bringing your materials into the bed, though. Your brain must be able to associate your bed with sleep, and confuse the two may give you insomnia. Did you ever wake up and something that confused the day before was suddenly crystalline? This happens because your brain can make clearer connections when it is not distracted. The good news is that you can take advantage of this ability for your own advantage. Complimentary photo: Jonathan Grado/Flickr Register by reading the facts you want to store. When you go to bed, give me back. Set the recording on a loop so that it will repeat until it wakes up. As you feel the information that is repeated, you plant in your brain. Everyone knows that exercise can improve health, help a person lose weight and tone the body. It can increase a person's mood, improve their self-esteem, clear the mind and decrease stress. However, did you know that it can also improve your cognitive function? Complimentary photo: 70023venus2009/Flickr Only half an hour of heart pumping can improve the speed at which the brain processes information. Go for aSpeed walking around your neighborhood, make a workout DVD, hit the gym or just dance around your room a bit before you start studying for an extra boost. Flashcards have been around for years, and with good reasonthey work. They require you to interact with the information contrary to read it from a book or a piece of paper. If you use them repetitive, your brain quickly connects the question with the answer. Courtesy photo: Jonathan Trumbull / Flickr To use this method, buy a notecard package. Put a question or a word of vocabulary on one side and the answer or definition on the other. Quiz yourself with these cards regularly until you are sure in answers. Listen and see something are good ways to store information in your brain. When you put together the two methods in order to see something and I feel at the same time, increase the possibility of remembering it exponentially. Photo of courtesy: Simon James / Flickr tries to read aloud from your study materials to increase your learning experience. Of course, you feel embarrassing, and you certainly don't want to do it in public, but pay in better retention, and it can also be used to capture errors in written assignments. Studying non-stop can seem a good way to prepare for a test, but actually be the opposite. Just like your body needs time to rest, so waiting for you. You should take a break during your study sessions every hour at an hour and a half. Get up, move, lengthen or simply relax. Photo of courtesy: UBC Learning Commons / Flickr Plan Breaks Breaks, also $\hat{A} \hat{e} \hat{a} \hat{-}$ "up to one day or two every week. Listen to friends, take a brain-free activity, or read a book that has nothing to what to do with school. Your brain will thank you for giving it the time necessary to process. Music can do some incredible things for your brain. Listen Activate memory and linguistic centers and was found to improve the ability of A person to learn. If you turn on a background music during the study, improve your chances to understand and store information. Photo of courtesy: Nikolai Kashirin / Flickr While there is no type of music to listen, it can be difficult Pay attention to books when your favorite music is active. Try to choose something that is not distracting - classic is, well, a classic. It is always important to get a complete night's sleep, but above all when when The test time is close. Studying all night can seem the best choice to learn what you need to know, but the brain tends not to work so well without sleeping. Photo of courtesy: Planetchopstick / Flickr is difficult for your brain to call up all that information you worked so hard to remember when digging through mental fog. Moreover, lack of sleep causes bad mood and leaves you more susceptible to stress and disease - none of which is necessary when trying to pass a test. Take some time to change your study environment. Any disorder, as it can be distractive and download your mental energy. Make sure you have good lighting and any supply you may need to close. courtesy photo: Matt Biddulph / Flickr also uses a small to your advantage. The smell of lavender has a calming effect on people, people,try a lavender candle or oil when studying. It can decrease stress and improve memory. Also, consider keeping some bright colors around. Colors like orange and yellow can help stimulate the brain. It's incredibly hard to study when your phone keeps dropping or Facebook notifications pop up. When it's time for a study session, turn off your phone and all notifications on it. You can let family and friends know that you will not be available during study time so no one will worry. Photo courtesy: Andrew Mantarro/Unsplash You may sometimes need to use the Internet to study, but it can be extremely distracting. Try to make sure that the only cards you've opened are those relevant to the study. Yoga is not only good for the body, but it is also excellent for the brain. When you practice yoga, your brain is loaded with gamma-aminobutyric acid (GABA), which is a chemical that improves your mood and reduces anxiety. Dopamine and serotonin are both good chemicals and increase when the stress hormone decreases. Photo Courtesy: Goran Has/Flickr In addition, studies show that parts of the brain actually grow in size thanks to yoga. It also promotes cortical folding, which helps to process information and keeps memory sharper. Meditation has similar positive effects on the brain to yoga. By meditating for even a few minutes before studying, you should experience a boost in attention and a reduction in anxiety. Photo courtesy: Isabell Winter/Flickr Before jumping into your studies or a test, take a few moments to meditate. You could close your eyes and view a quiet place or just work to let go of all your thoughts for a moment. It will ease your nerves and should help your brain shop and remember the information better. One of the worst things you can do to yourself is to wait until night before a test to start studying. Compared to studying in units of time smaller than a week or month in advance, clipping everything at the last second isn't as effective. Photo courtesy: Quinn Dombrowski/Flickr If you're in college or even high school, you probably got a program and a program at the beginning of class. Use it to your advantage. Start studying as soon as possible so that you can do it little by little instead of all at once. Have you ever sat down to study and just had no idea where to start? Maybe you started studying thinking it would only be an hour or so just to find the sun rise early. Some people also study to the detriment of other things that should be priorities. Photo courtesy: Renata-Adrienn/Flickr If anyone of this sounds like you, try doing a study program for organized yourself. Choose the times and days when you study in advance to discipline yourself so you study \hat{a} and then get out of it when it's time to move on. Trying to read and memorize three entire chapters of information and lesson notes in one session is not an effective study method. Instead, instead, it should break the information in smaller and more manageable pieces. Photo of courtesy: Amy / Flickr for example, you could try to study only three sections of a chapter at a time before moving on to the next. If you have 30 definitions you need to store, try to commit only five by heart at a time. Breaking things in smaller pieces is much less stressful and more effective than trying to remember it all at once. The tomato technique has been around since the 1980s, but has been adapted to adapt to different people and situations over time. The basic idea is to concentrate on a task for 25 minutes, take a break from three to five minutes, and then make another 25-minute tomato. After four tomatoes, take a break from 15 to 30 minutes. Photo of courtesy: Gerlos / Flickr You can also use this method to study. By setting a rhythm for the study session, it makes it easier to study more a long time as the brain is your brain that needs to maintain information effectively. It doesn't matter if you are eight or 80, everyone loves a reward, and you can use that fact to your advantage. With the creation of a reward system, you will be more motivated to study. What and when, of course, are completely to you. Photo Courtesy: Pancetta / Flickr shop Some examples of rewards are to take yourself for a treatment or enjoy a nice boiling bathroom after a week to keep your study program. You could also reward themselves every time you take your test, perhaps with a night out in the cinema with friends. Ultimately, the best study technique is the one that works for you. People are different, so what works for your best friend may not be what works for you. You can take some experimentation to understand your ideal approach, but is well spent. Photo of courtesy: University of Minnesota Duluth / Flickr if studying with a large group helps you keep the best information, find a study group. If instead dancing around in your pajamas while you activate the definitions in your brush it works for you, go for it. The bottom line is that you need to find what works for you. Just not be afraid to mix or try something new on the occasion. When you study the same thing for a long time, long, the brain goes on autopilot. This can be useful for storing, but it can hurt your problem-solve capacity. Try mixing things. Photo of courtesy: Tobias / Flickr Study for a history test? Mix words vocabulary with war facts. Maths? Mix in some different types of problems. So doing not only keeps the sharp brain, but also makes the trial a little less boring. Electronic devices are useful and convenient, but are not always the best option to study. Sometimes the and pen can not be beat by modern technology. This is especially true with storage. Photo Courtesy: Kiran Foster/Flickr Research suggests that writing something helps you stay in your memory much better than typing instead. That doesn't mean you have to write Complete paragraphs or copy entire chapters from your textbook, of course Only a profile or some bullet points can improve your storage possibilities. If you are looking for a good excuse to hit the new coffee joint at the corner or spend even more money at Starbucks, here is: Having one or two cups of coffee can increase your attention and keep more alert. Complimentary photo: Wall Boat/Flickr You do not need to have caffeine coffee to enjoy these benefits. Decaffeinated can also wake up your brain. Just don't drink too late in the afternoon, or you might not sleep that night. As noted above, good night sleep is imperative for cognitive function. Vitamins are essential to keep the body healthy to the skin to the internal organs, including the brain. For one thing, a healthy body keeps the blood pump and the oxygen flowing, both of which the impact of the brain. Photo Courtesy: Kayla Maurais/Unsplash Vitamins also helps to fight diseases and build immunity. When our bodies are sick, nothing — including your brain — works at full capacity, so eat a healthy diet that can improve how well you study. Vitamin pills can also help, although nothing beats getting vitamins directly from the foods themselves. Sometimes, all you need is a silly phrase to help you remember something. Precisely on all those who have learned PEMDAS at school still play, "Please excuse my dear Aunt Sally" to remember the order of operations. Strange? Yes, it is. Effective? Definitely. In fact, it is practically impossible to forget. Complimentary photo: Ashkir/Flickr When you are trying to memorize difficult objects, try to create a mnemonic phrase for it. Try to find something that makes you laugh. If you can't think of one, chances are high that you can find one on the internet. Spaced practice is the act of breaking study topics to focus on small bits of information for a set number of days. Let's say, for example, that you are studying cells in biology. Rather than pack everything at once, spend a couple of days to go beyond the mitosis and two more on the meiosis. Complimentary photo: Casey Fleser/Flickr After moving to the next table and completing the two days, review both tables before moving to the third. If you have any problems with one of them, go back and study that subject again before moving forward. After a long day in class, the last thing everyone wants is to go home and review the lesson they just heard. However, this is one of the most effective ways to store what you just learned. Photo Courtesy: University of Liverpool Faculty of Health and Life Sciences / Flickr Studies show that review of lesson notes within a few hours of lessonWhile still fresh helps solidify information in the brain. Just take a moment to read your notes once or twice to increase your learning and memory people learn and preserve information in different ways. Some people remember the information they heard better than Which they have seen, while others can learn better through the vision of manifestations. If you can identify how you learn, you can adjust your study methods accordingly. Photo Cortesy: Sacha Chua / Flickr If you're not sure how you learn best, try a variety of materials at the same information. For example, read your notes, watch a video, listen to a lecture, and draw the process. Chances are that one or more of these ways will stick to you. Sometimes, the best way to prepare for a test is to take a test. By taking a different test on the topic of Studying, you can see what you already know and the areas where you need more practice. It helps you determine where to focus your attention more. Photo courtesy: Jacek Becela / Flickr No matter the topic, chances are you can find a test for it online. If that's not possible, create your test based on your notes and information in your textbook. By putting yourself in a test situation early, you also help to reduce the nerves you might experience on exam day. It is not enough to simply store information. If this is your only attention, you can pass your test \hat{a} or not \hat{a} but that information probably won't stay with you for long. You also need to figure it out if you want to keep it with you for years or even the semester. Photo courtesy: collegerees360 / flickr Understanding Information straight from the book is not always an easy task. Instead, you need to find a way to simplify the information. Try to summarize what you read before to demonstrate a basic understanding of the subject and then apply it to something else in your life to really sink it. This will make it much easier to remember such information when you need it. A great way to store information is to make it go to places you go all day long. While your boss may not be appreciated for tightening your walls, you can easily hang them in your personal space, whether you live or off campus. Photo courtesy: Hernan Pinera / Flickr Write down the things you want to remember on a notecard or paper and hang them over your desk, bathroom mirror, kitchen sink and fridge. You might also consider putting some notecards in your wallet. Seeing information often helps you to commit it to memory. Just as people learn best through different means, some learn best in silence and solitude, while others learn best in a group. If the latter is you, look for study groups you can join or consider starting one. While it's okay to ask your best buds, make sure you can actually focus on studying when they're around. Photo courtesy: Jeff Rosen / Flickr Even if you learn better on your own, a group Study can be useful. You can get a better understanding of the topic by asking another question and bringing discussions. You could also collect important facts that you missed during the conference. conference.

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