

EMPERORS COLLEGE OF TRADITIONAL ORIENTAL MEDICINE

**Study Skills for Oriental Medicine
Presented by Tara Diaz, MTOM, LAc**

WHAT'S YOUR STUDY STYLE?

- Verbal-Linguistic
- Bodily-Kinesthetic
- Interpersonal
- Visual-Spatial
- Logical-Mathematical
- Intrapersonal
- Musical



SUN TZU AND THE ART OF WAR

Sun Tzu says planning

Sun Tzu says the terrain

Sun Tzu says proper provisions

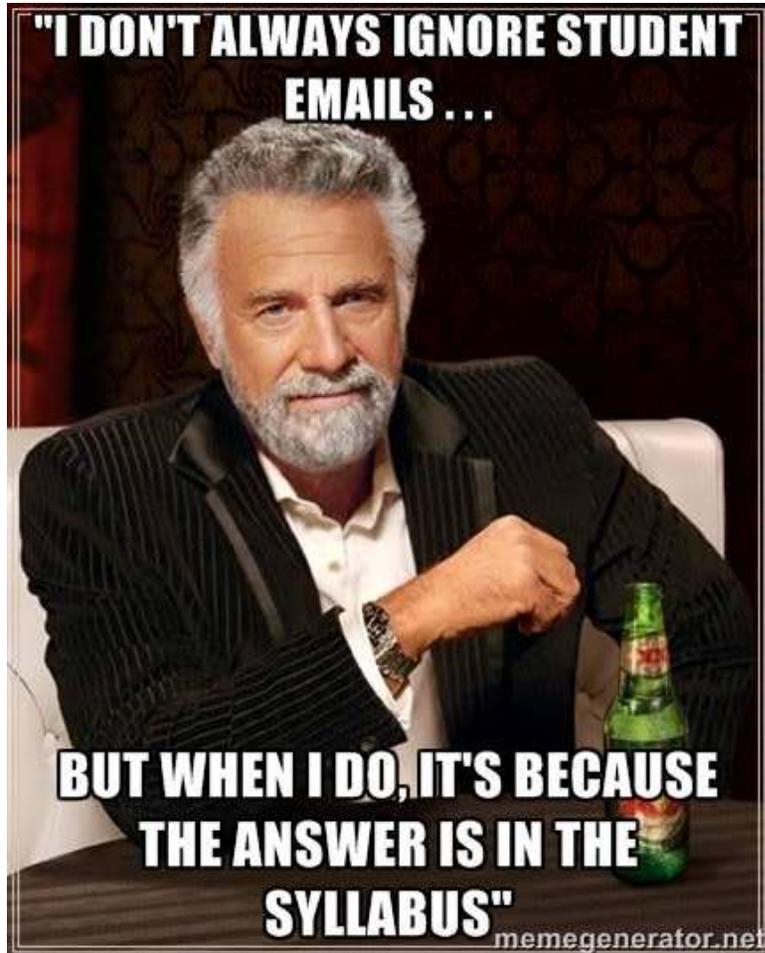


ORGANIZATION

- Make a calendar for every quarter with the date of all quizzes, tests, and if any assignments are due.
- Buy the right provisions to succeed
- Keep your work on a memory stick and constantly backed up.
- Keep anything that is given back to you
- Create a study environment for success



SUN TZU SAYS STRATAGEM



Be Prepared for Class

Read the syllabus

Scan, Read, & Review your textbooks

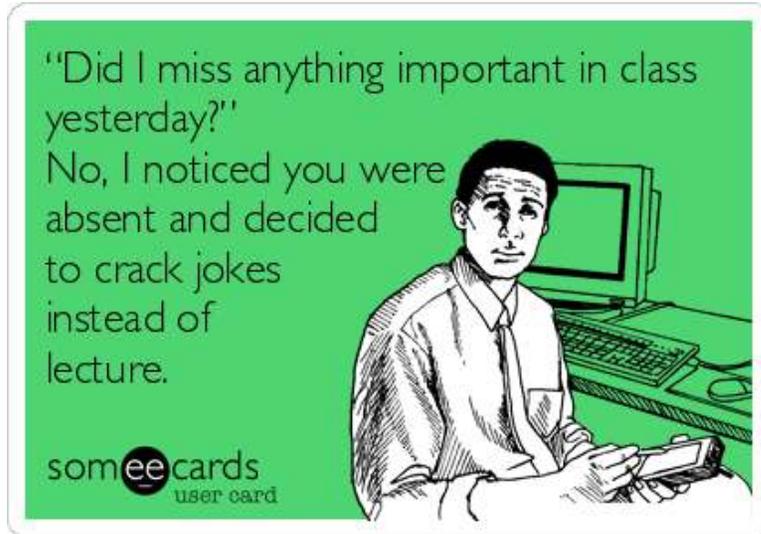
Go to class

Take good notes

Re-read your textbooks and assimilate the information in your notes



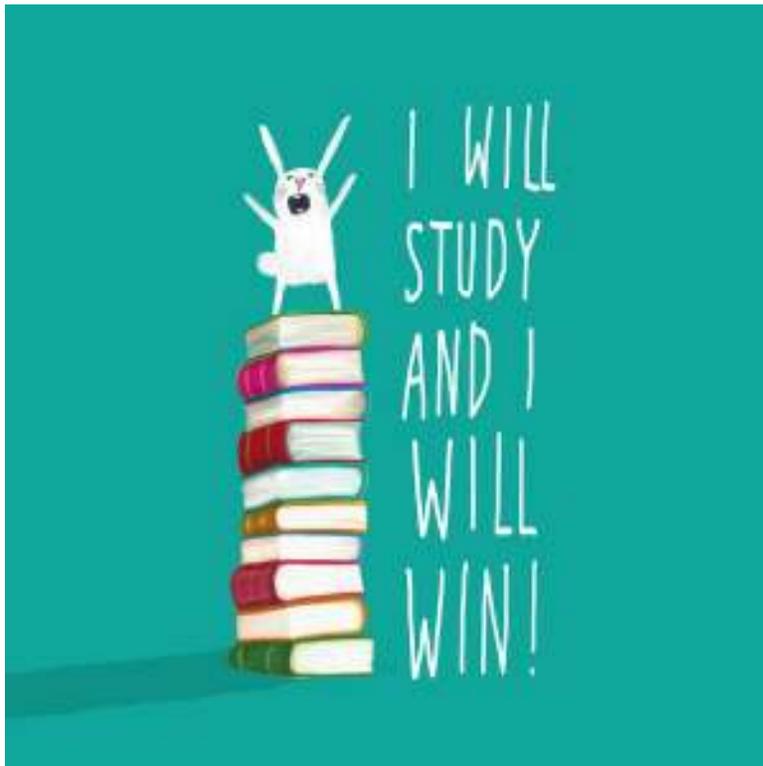
MAKE THE MOST OUT OF CLASS



- All TCM Schools require that you attend 80% of your classes.
- Be responsible for what you missed.
- Do your reading assignment before class
- Introduce yourself to your professors



MANAGING STUDY TIME



- Make a plan
- Prioritize
- Break it down
- Alternate subjects
- Start with your least favorite subject
- Take Breaks
- Study when you are at your best
- If you make flashcards only put one item on each flashcard



FLASHCARDS

Good Flashcard

Front

Bladder 1 location

Back

0.1 cun medial and superior to the inner canthus of the eye, near the medial border of the orbit

Bad Flashcard

Front

Bladder 1

Back

*Expels wind (lacrimation on exposure to wind, aversion to cold, fever, headache)
*Clears heat (redness, swelling, and pain of the eyes, redness, swelling and itching of the inner corner of the eyes)
*Stops itching
*Brightens the eyes (blurred vision, diminished night vision, myopia)



TEST TAKING

- Study all along
- Mine the test for answers
- Cross out answers you know are incorrect
- Don't cram the right before a test
- Scan the test
- Skip a question if you don't know it. The answer may come to you
- Be wary of the absolute. Except, always, never, etc.
- Read the questions very carefully
- Check your work
- Show your work for any test that asks you to.
- Review your test when you get it back. This medicine is cumulative.





Bodily-Kinesthetic

Bodily-kinesthetic intelligence is about thinking in movements and includes the ability to use movements for either self-expression or precision to achieve a goal. It is crucial for surgeons, athletes, mimes, choreographers, and directors.

This type of intelligence helps you retain information when it is associated with an activity, such as dance, acting, and sports. Relating what you are trying to learn to one of these activities will help you retain information and gain understanding.

Sample activities:

- Perform a skit to show the action of the idea you are trying to learn.
- Make a game out of the materials.
- Apply what you are learning to hands-on models or in-practice examples.
- Stay active when you are in a situation in which you need to concentrate. You can squeeze a stress ball when talking with someone or walk around while reading a book.



HOW THIS APPLIES TO YOU

Herbs: You will connect with the physical herb and will find your herb samples invaluable.

Theory: Sit in a different part of class each day.

Acupuncture: The art of acupuncture is kinesthetic

Western: A&P coloring book will be helpful if you use it properly



Interpersonal



Interpersonal intelligence is about social interaction and understanding the people around you and their motives, emotions, perspectives, and moods.

This type of intelligence is important in managing relationships, understanding situations, and negotiating conflict. It is especially applicable in careers that require insight and a sensitivity to what someone else is thinking or feeling, such as teaching, psychology, or sales.

Sample activities:

- Give and receive feedback.
- Talk out problems.
- Work on large-group projects so you can use your social abilities to divide up tasks and understand all aspects of the project.
- Be a part of active learning through mentoring, tutoring, or an apprenticeship. This activity will reinforce your own knowledge or abilities.





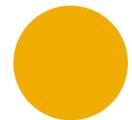
Intrapersonal

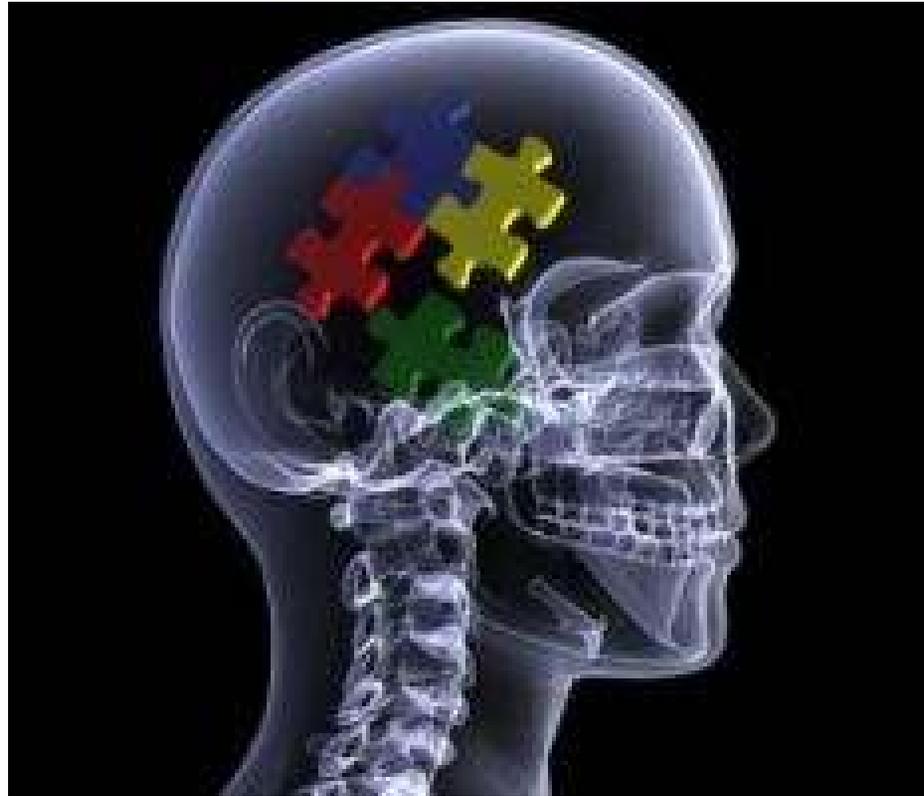
Intrapersonal intelligence has been said to be the road to achievement, learning, and personal satisfaction. It is about being connected to who you are and how you feel, and knowing your own limits and abilities.

Intrapersonal intelligence is involved in making decisions and setting goals for yourself, self-management, and self-reflection.

Sample activities:

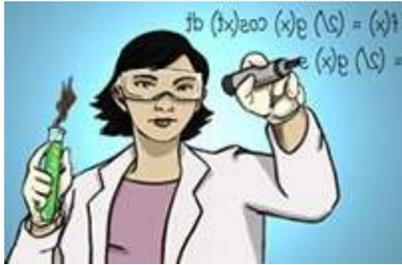
- Study alone in a comfortable yet quiet environment.
- Set goals for yourself, and monitor your progress regularly.
- Reflect on what you have learned, and think through new material.
- Create a connection between new material and subjects you already know, and gain understanding by finding their similarities.





Assimilation is like placing files in a file cabinet, while accommodation is like needing to add new folders, or rearrange existing ones. Because of this, learning is said to get more difficult as we age, with the tendency of older people to get what has been deemed, “hardening of the categories.”





Logical-Mathematical

Logical-mathematical intelligence is about understanding complex problems and conceptualizing relationships between symbols, processes, and actions.

This type of intelligence asks questions, finds solutions, and reflects on the problem-solving process.

Sample activities:

- Think about what you are trying to learn as a puzzle or a formula.
- Ask questions and allow yourself to experiment with your own hypotheses to find solutions or new answers.
- Concentrate on symbols, designs, and words to bridge mathematical and verbal logic.
- Create an outline to understand your subject step by step. Doing so will allow you to stay organized and track what you're learning in a logical sequence.



HOW THIS APPLIES

Herbs, Theory, Western: Assimilate the information into your own table or spreadsheet that makes sense to you.

Herbs: They are already categorized. If you remember the category you can remember 1 thing that it does.

Western: Apps that are games

Point Location: Make a game where you randomly choose a point name or location.

Herbs: Dean Gretchen's Herb Game

Therapeutics: Take the tutorial. This is all about teaching the system of classification rather than memorizing every thing about all the points.



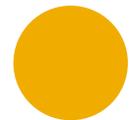
Musical



Musical intelligence is associated with enjoying music, singing, making music, and playing an instrument. It involves a sensitivity to sounds as well as the emotions music conveys.

Sample activities:

- Listen to music while you study to connect its patterns and sounds with the subject you are studying. Replay the same song just before a test.
- Create a rhyme, song, or chant for material you would like to memorize.
- Associate what you're learning with a song you like.
- Use your ability to distinguish sounds as well as hear the beat, tone, or chord in a song by learning an instrument or mixing sound.



HOW THIS APPLIES TO YOU

There are quite a few apps out there that are in music form.

Herbtunes.com-Single Herbs

Tunes on Tang Songs on San (possibly in the library)-Formulas

Note: these were all made many years ago and may not have all the herbs that are now considered important.

Listen to music while studying



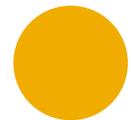


Naturalistic

Naturalistic learning is about understanding the patterns of living things, and applying scientific reasoning to the world. Nature intelligence is particularly applicable in careers such as farmer, naturalist, animal behaviorist, and scientist.

Sample activities:

- Recognize and classify different types of plants or animals.
- Observe and record data.
- Create a "living system" for the material you are trying to learn. Imagine the new material as an ecosystem or a pattern for you to figure out.
- Write about nature, daily life, or people as a topic so you become engaged in your assignment.



Verbal-Linguistic



Verbal-linguistic intelligence (along with logical-mathematical intelligence) is often associated with doing well in school. It involves the ability to use words effectively for reading, writing, listening, and speaking. The poet has been described as the epitome of verbal-linguistic intelligence.

Sample activities:

- Use words to explain complicated subjects.
- Ask questions.
- Engage in the Socratic method, digesting information through a question-and-answer exchange.
- Hone your native ability to tell a story.



TAKING GOOD NOTES

- Active Listening
- Listen for important information
- Read or scan the material before class so you are familiar and can recognize when the professor is stressing important information
- Take Legible Notes
- Review your notes after class while the information is fresh



TAKING LEGIBLE NOTES CONTINUED

- Don't take notes for multiple classes in the same notebook.
- Write the date at the top of your notes so you know what day they were from.
- Write on one side of the paper.
- Skip lines in between topics.
- Use symbols and abbreviations, and don't try to write EVERY word.

Below are some of the standard abbreviations and symbols, but you can also make up your own, as long as you always know what they mean:

= same or equal, \neq not equal, $>$ greater than, $<$ less than, \sim approximately,

\rightarrow leads to/results, ♀ female, ♂ male,

w/o without, b/c because/ became, esp especialy,

ie that is, eg for example, w/i within

\uparrow increasing, \downarrow decreasing *most importantly w/ with

xu deficiency, xue blood

- Leave a wide margin on the left side of the page to make comments about your notes later. You can also write the key words for each topic in the margin so that when you go back to study, you can cover up the notes, seeing only the key words, and quiz yourself.



Visual-Spatial



Visual-spatial intelligence allows you to see and modify things in your mind. This kind of understanding of the visual world and its relation to physical items is valuable in solving spatial problems, designing, and doing crafts.

Sample activities:

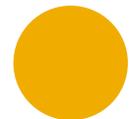
- Use art projects to create representations of the content you are learning.
- Draw related images next to your notes (along with arrows between ideas) to create connection and reference points.
- Organize with color. Use different-colored highlighters, paper, index cards, folders, or tabs to create a visual system for finding things and grouping topics.
- Visualize your topic. When you are learning something new, imagine what it looks like.





Reading a book or journal that is just full of text can really look tiring and difficult.

Colored markers do not only serve as a highlighter but it also helps in stimulating your mind. Putting colors in dull texts can actually motivate you to study more because it is proven that colors stimulate your brain.



HERB ZOO CARDS

- Visual-Spatial
- Herbzoo.com

Treats Irritability

Drains Heat from Heart via S.I.

(All Pigs) Drain Dampness/ Promote Urination

Mu Tong
Akebiae Caulis

Used Interchangeably with
Chuan Mu Tong (p. 285)
Clematidis arandii Caulis

SMALL BABY HOGS (S), UB, HT)

Promotes Urination, Unblocks Painful Urinary Dribbling: dribbling, rough, painful urination. Also edema, ascites

Promotes Urination, Drains Heat from Heart Via Small Intestine: irritability with sores of mouth or tongue, scanty urine

Promotes Lactation & Unblocks Blood Vessels: poor lactation, less commonly for amenorrhea & painful, stiff joints

Drain Dampness

P. 283
1-7

2007 © Mark Travis
www.herbzoo.com

Unblocks Blood Vessels

Promotes Lactation

The card features a central illustration of a pig with several piglets. A small pig is shown with a stack of blocks labeled 'blood' and 'S', 'M', 'S', 'M'. A pig's head is shown with a gear-like symbol. Red lines connect the text boxes to the corresponding parts of the illustration.



APPS ARE FUN

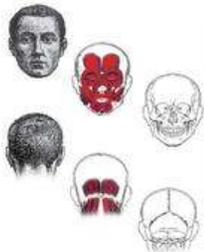
ProHealth by Nik Viz

Essential Anatomy 4 by
3D4Medical.com, LLC

← Flash Cards

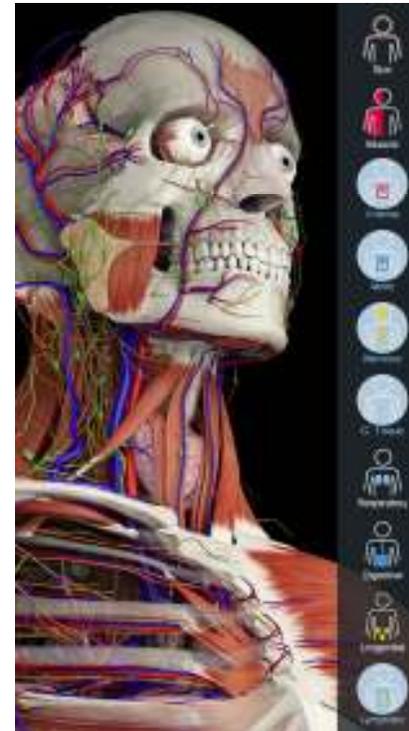
Palpation Check List

- Mandible
- TMJ
- Zygomatic arch/cheeks
- Masseter/Parotids
- Submandibular gland
- Submental gland
- Suprahyoid muscles
- Lymph nodes
- SCM
- Mastoid processes
- Temporal & carotid pulse
- Scalp & hair
- Ears & eyes lids
- Upper trapezius
- Occipitalis & EOP
- Splenius capitis
- Semispinalis capitis
- Suboccipitals
- Muscles of facial expression
- Muscles of mastication
- Oral cavity (gloved hand)



Use this list during lab or anatomy club to palpate on a partner
video demo available at prohealthsys.com

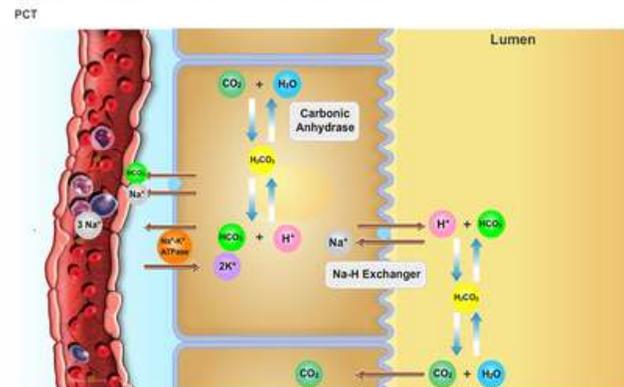
Previous Next



Physiology Learning Pro By Elsevier (Singapore) Pte Ltd

Med Term Mastery By Cengage Learning

Mechanism Secretion of H⁺ in PCT, TAL and early DT



The H⁺ secreted in the PCT combines with the filtered bicarbonate to form H₂CO₃. H₂CO₃ splits to form CO₂ and H₂O. CO₂ diffuses through the apical membrane of the tubular epithelial cells lining the PCT and enters into the cells.

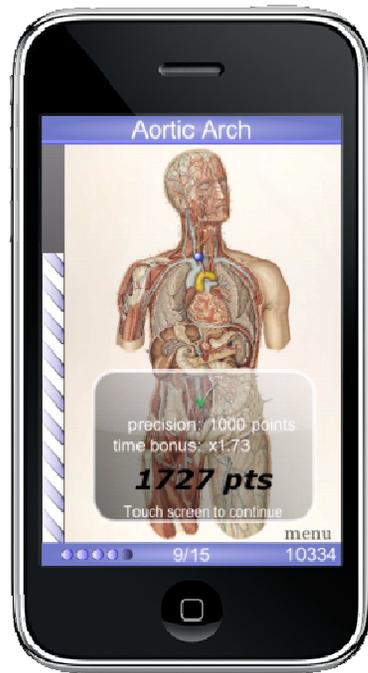
Back Combinator

Select the body system you'd like to review.

- All Systems >
- My Study List >
- Body Organization >
- Skin and Related Structures >
- Skeletal System >
- Muscular System >
- Nervous System >
- Eyes and Ears >



GAMES

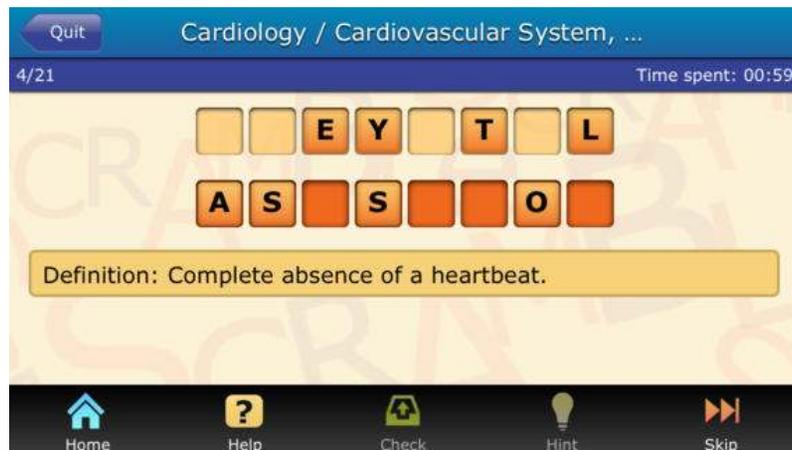


Speedanatomy.com

Muscles

Bones

Angiology



Med Term Scramble
By Pearson Education,
Inc.



EVERNOTE BY EVERNOTE

[HTTP://WWW.IMEDICALAPPS.COM/2012/06/MEDICAL-PROFESSIONALS-EVERNOTE-APP-PRODUCTIVITY-LEARNING-MOBILE/](http://www.imedicalapps.com/2012/06/medical-professionals-evernote-app-productivity-learning-mobile/)



Keep everything in sync

With Evernote, all of your notes, web clips, files and images are made available on every device and computer you use.



Remember things you like

Save everything cool and exciting you see online and in the real world. Snap a photo, record some audio and save it.



Save favorite webpages

Save entire webpages to your Evernote account with our nifty web clipper browser extensions. You get the whole page: text, images and links.



Research better

Collect information from anywhere into a single place. From text notes to web pages to files to snapshots, everything is always at your fingertips.



Work with friends and colleagues

Share your notes and collaborate on projects with friends, colleagues and classmates.

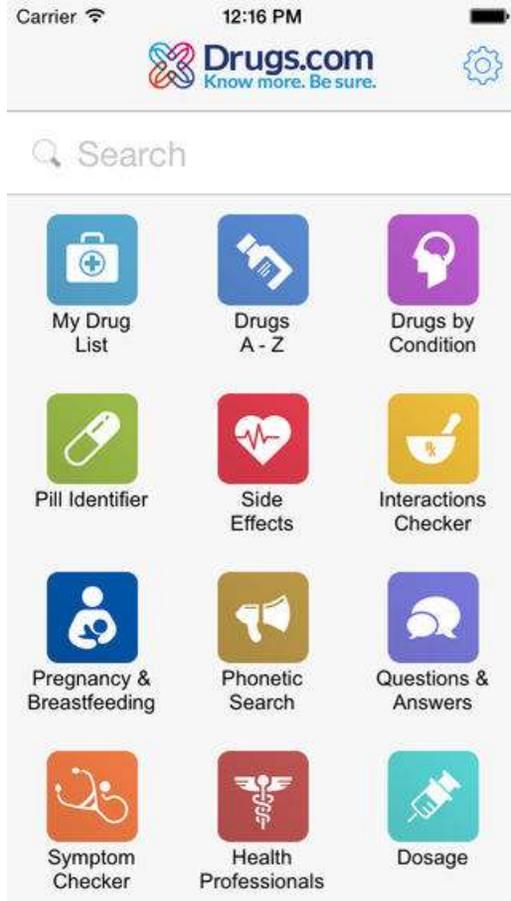


Plan your next trip

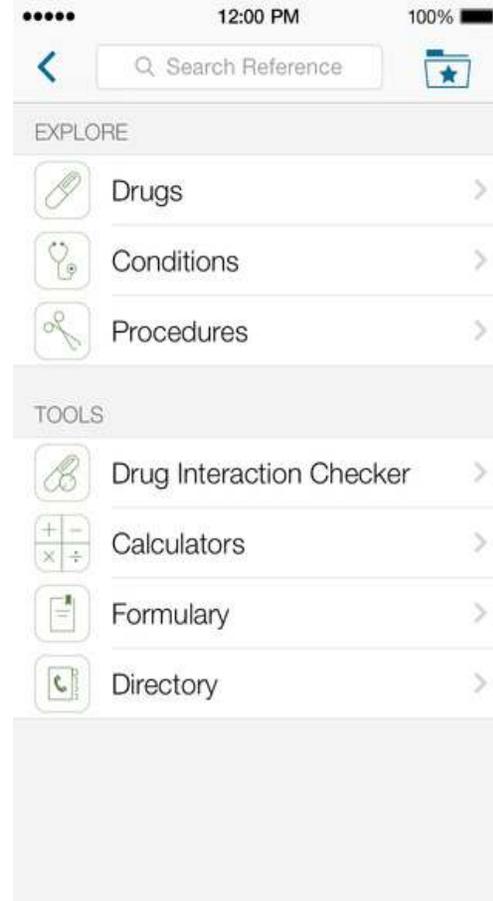
Keep all of your itineraries, confirmations, scanned travel documents, maps, and plans in Evernote, so you'll have them when you need them.



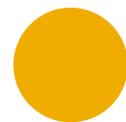
LOOK THINGS UP



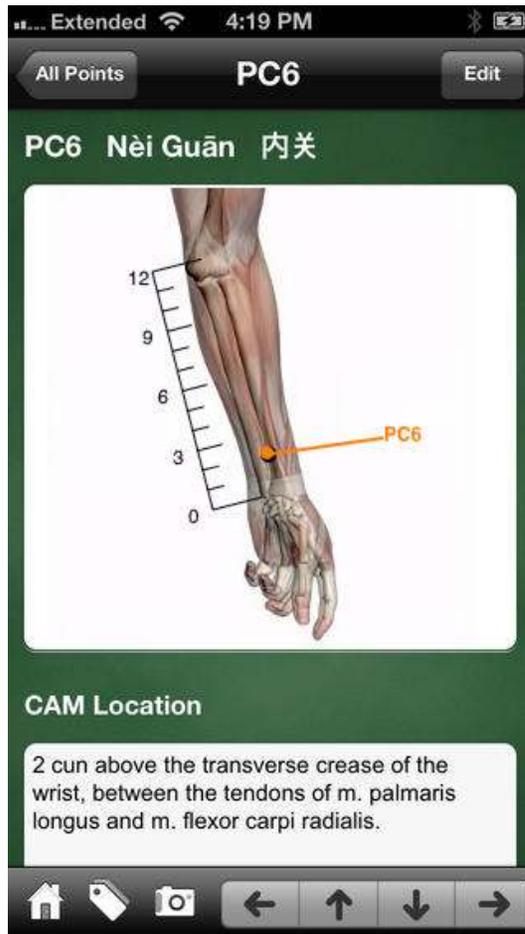
**Drugs.com Medication Guide
By Drugs.com**



**Medscape
By WebMD**



ACUPUNCTURE APPS



TCM Clinic Aid
By Cyber and Sons



A Manual of Acupuncture
By The Journal of Chinese Medicine



REDMOND A&P & MEDICAL TERMINOLOGY

- Scan, Read, Review
- Read the questions at the end of the chapter
- Do the A&P Coloring Book as you go. Read the information on each page of the coloring book
- Do your Medical Terminology Homework
- Use Apps to make the learning fun



HERBS

- Pay attention to the Pin Yin and Latin Name
- Pay attention to the category
- Know at least one special feature of the herb
- Review, review, review
- Dean Gretchen's Herb Game
- Make your own table of the similarities of the herbs
- Utilize funny stories, mnemonics, people you know to remember the herbs



ORIENTAL MEDICINE

- Scan, Read, Review
- Synthesize the information into your own tables
- Oriental Diagnosis Workbook
- Tongue and Pulse is very important



MERIDIANS

- Study the points in order and mix them up within channels
- Students should be able to write out locations word for word, and not just have a general understanding.
- Study flash cards both ways. Name the point and describe the point location
- Make a game out of it.



PUTTING IT ALL TOGETHER

- You will not understand anything completely at first. Be ok with that.
- Get treatments. This is not only good for your physical wellbeing but it also is a learning opportunity.
- Work in an acupuncture setting if at all possible. Seeing the herbs prescribed primes your brain for the information you will be learning later.
- Apply the information that you are learning to everyone you know. Keep it to yourself or you will drive everyone crazy. Take it from me!



TAKE GOOD CARE OF YOURSELF

- Eat nourishing food
- Exercise
- Practice some form of meditation such as meditation, tai qi, qi gong, mindfulness, yoga
- Have fun, keep a healthy school-life balance

