

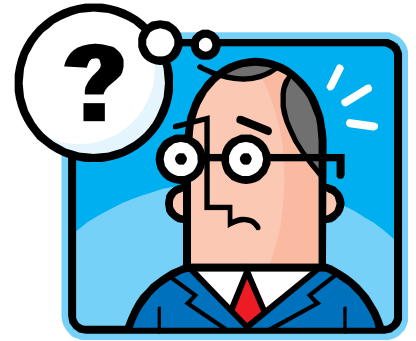


# How to make the most of your practical work

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# When I first started...



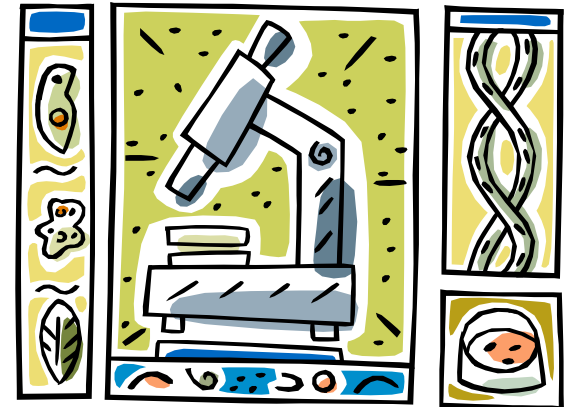
**I found it extremely difficult!**

- **Was not used to working in a lab**
- **Was not experienced in using the equipment**
- **Couldn't manage to finish on time**
- **Couldn't understand what I was doing**
- **It was hard to cope with the language (I am a foreign student!)**

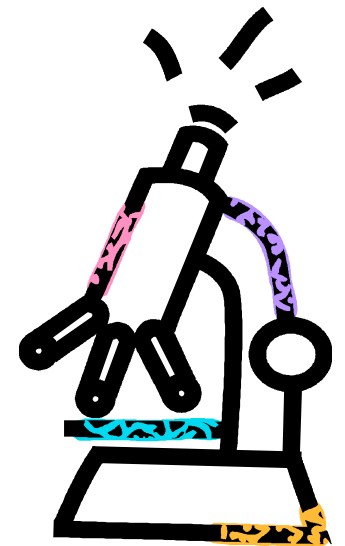
# BUT...

**Don't panic!**

- **It is really enjoyable!!!**
- **I applied all the theoretical knowledge in practice**
- **For example, for Genetics we had done DNA transformation by fusing foreign DNA into bacteria and we observed what happened!**
- **Cool eh?!**



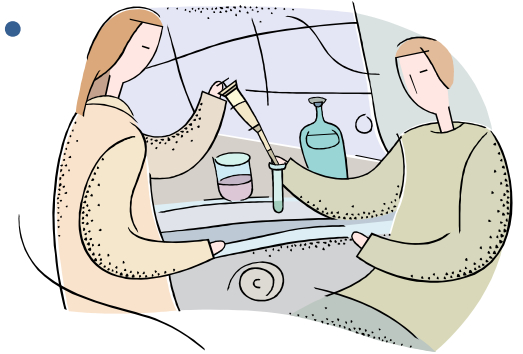
- The observations under the microscope were fascinating most of the time
- For instance, for Cell and Developmental Biology we observed red blood cells of different organisms and compared them
- Also, for Microbiology we observed different kinds of bacteria and classified them



- **At the end of the day, everybody becomes familiar with the lab equipment and the basic skills for each module**



# There is always room for improvement...



It would be much easier if

- I had lab experience before
- The first practical session introduced us to the lab work and equipment (which occurred in some modules)
- There were help sessions for any queries about the practical reports (which also occurred in some modules)

# What would I change if I could?

**1. Read the practical procedure before I go in the lab**



- Although we had the practical procedures before going in the lab, at first I didn't read them so I couldn't understand what I was doing
- After the first practical sessions I started reading them before going, so I was more familiar with what to expect

**2. Search for anything unknown before and after the practical session so that I could have better results for my practical reports**

- Since the reports are part of assessed work, I could have searched more on some points**
- However, after the first month, my grades started to improve since I was searching in books and on the web for anything I didn't know**



# DOs and DON'Ts



## DO

- Read the practical procedures before going
- Search for anything unknown
- Ask for help (demonstrators, help sessions, other students, etc)
- Try to match theory with practice
- Be patient – experience is everything!
- Have fun – enjoy every aspect of the lab work!

# DON'T



- Underestimate lab work and reports
- Avoid any help given
- Waste the time given – time is precious
- Be selfish – remember that everyone is in your place
- Panic – calm down and keep going!

# The most important

**Don't forget that this is a course that you chose, so try to enjoy every aspect of it**



**The most important part of the practical work is to have fun while doing them**