## Physiology 1 Workshops

### Cellular Metabolism
- **Tues., Mar 17th**: 5:00pm – 6:00pm
- **Wed., Mar 18th**: 2:00pm – 3:00pm
- **Thurs., Mar 19th**: 5:00pm – 6:00pm
- **Fri., Mar 20th**: 8:10am – 9:10am
- **Sat., Mar 21st**: 11:00am – 12:00pm

### Graded & Action Potential
- **Thurs., Mar 12th**: 1:30pm – 2:30pm
- **Fri., Mar 13th**: 8:10am – 9:10am
- **Sat., Mar 14th**: 11:00am – 12:00pm
- **Tues., Mar 17th**: 6:45pm – 7:45pm
- **Wed., Apr 15th**: 1:30pm – 2:30pm
- **Thurs., Apr 16th**: 5:00pm – 6:00pm
- **Fri., Apr 17th**: 8:10am – 9:10am
- **Sat., Apr 18th**: 11:00am – 12:00pm

### Hormone & Hormone Systems
- **Wed., Apr 29th**: 2:00pm – 3:00pm
- **Thurs., Apr 30th**: 5:00pm – 6:00pm
- **Tues., May 5th**: 5:00pm – 6:00pm
- **Wed., May 6th**: 11:15am – 12:15pm
- **Thurs., May 7th**: 5:00pm – 6:00pm
- **Fri., May 8th**: 8:10am – 9:10am
- **Sat., May 9th**: 11:00am – 12:00pm
- **Tues., May 12th**: 6:45pm – 7:45pm
- **Thurs., May 13th**: 1:30pm – 2:30pm
- **Fri., May 14th**: 11:00am – 12:00pm

### Cardiac Cycle
- **Tues., Apr 21st**: 6:45pm – 7:45pm
- **Thurs., Apr 23rd**: 1:30pm – 2:30pm
- **Fri., Apr 24th**: 8:10am – 9:10am
- **Sat., Apr 25th**: 11:00am – 12:00pm
- **Wed., May 20th**: 11:15am – 12:15am
- **Tues., May 26th**: 5:00pm – 6:00pm
- **Wed., May 27th**: 1:30pm – 2:30pm
- **Thurs., May 28th**: 5:00pm – 6:00pm
- **Fri., May 29th**: 8:10am – 9:10am
- **Sat., May 30th**: 11:00am – 12:00am

### Gas Exchange and Acid/Base
- **Tues., June 2nd**: 6:45pm – 7:45pm
- **Wed., June 3rd**: 2:00pm – 3:00pm
- **Thurs. June 4th**: 1:30pm – 2:30pm
- **Thurs., June 4th**: 5:00pm – 6:00pm
- **Fri., June 5th**: 8:10am – 9:10am
- **Sat. June 6th**: 11:00am – 12:00am

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To sign up for a workshop, head to the Multidisciplinary Success Center front desk in **L-212**
OR call us at **(562) 938-4699**

Workshop slots are on a first-come, first serve basis—**PLAN AHEAD, SIGN UP EARLY**, and

**DON’T FORGET YOUR PHOTO ID!**
What are Supplemental Learning Activities?
Activities designed to help you succeed in your course and beyond. They focus on key concepts covered in class and go beyond homework and lecture to help you truly understand a topic.

Who is required to complete these activities?
Any student enrolled in Physiology 1 is required to complete Three (3) activities, which will account for part of your final grade. See your syllabus or instructor for the exact percent or points of your class grade.

What activities fulfill the requirement?
You can participate in a Workshop to fulfill the requirement.
- A workshop is an interactive presentation by a faculty member lasting approximately one hour. The topics for the workshops are narrowly focused and include opportunities for working interactively with peers. You should schedule these in advance. Schedules are posted on the website and in the center.

When should I do my activities?
Because the activities are designed to enhance the material you have learned in class, it is suggested that you attend the workshops after your instructor has covered the material. The activities are not intended to teach you the material, but rather to reinforce your class lecture.

Where can I complete my activities?
It is recommended that you reserve your space in the workshops ahead of times although walks are welcome if there is space. To reserve your space, call or go to:

LAC Multidisciplinary Student Success Center (LAC-L-212) 562/938-4699
Monday – Thursday: 8:00am to 8:00pm
Friday: 8am – 2pm
Saturday: 10am to 2pm

NOTE: You must bring your student ID card or photo ID the day of the workshop and arrive 10 minutes early get checked in before the workshop starts.

How do I let my Instructor know I've completed my activities?
The 1st time you come to the Center, you will receive a verification form to track all of your activities. Be sure to bring this each time you come. Do not lose this form, since this is your only record for your grade. When you complete your activity, the tutor working with you will sign your form and the front desk will stamp it. This must be done before you leave. It cannot be done at a later time or date. Your instructor will let you know when to submit the form.

What else can I do in the Success Center?
The Multidisciplinary Success Center is open for studying. LAR Tutoring (L-203) 562/938-4474 offers FREE tutoring for science classes. Call or check the website for the current schedule: http://www.lbcc.edu/LAR/tutoring.cfm

How do I find more information?
Visit our website at http://www.lbcc.edu/successcenters/ or call the phone number listed above.