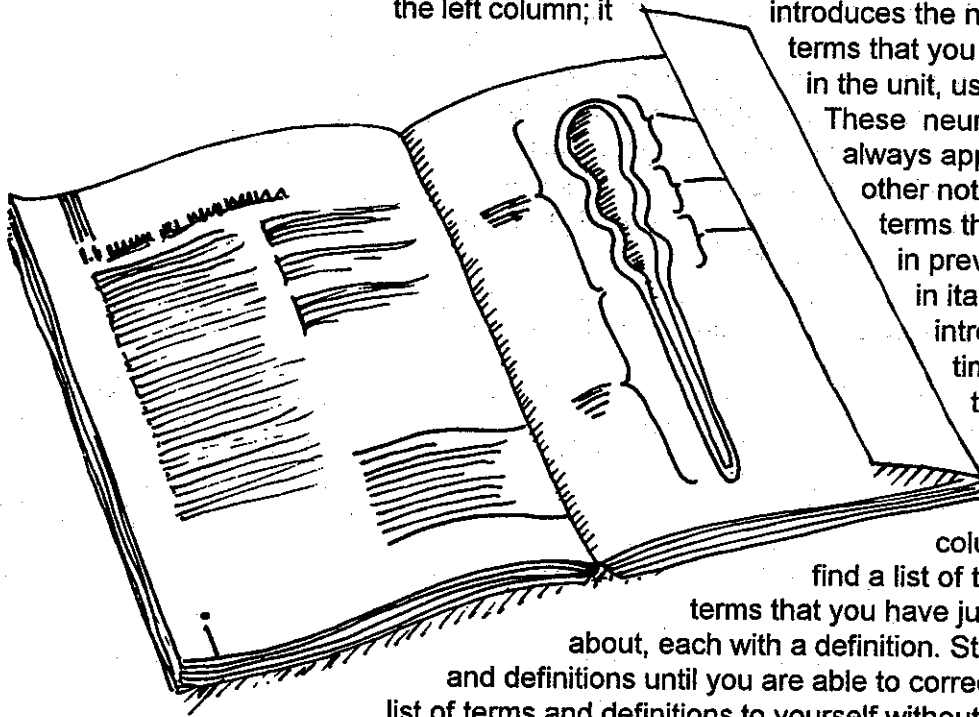


How to Use This Book

There are 72 learning units in this book. Each one is laid out on two opposing pages like so. Begin by reading the introduction in the left column; it



introduces the neuroanatomical terms that you will be focusing on in the unit, usually four or five. These neuroanatomical terms always appear in bold face; other noteworthy terms (e.g., terms that you have learned in previous units) appear in italics. Read the introduction several times, until you feel that you have a good grasp of it.

Then, move on to the adjacent column, where you will find a list of the neuroanatomical terms that you have just been reading about, each with a definition. Study these terms and definitions until you are able to correctly recite the entire list of terms and definitions to yourself without referring to the text. The pronunciations of difficult-to-pronounce terms are also indicated in this column; say each term aloud until you can pronounce it with ease.

Next, move on to the right-hand page, the one with the illustration. Begin this page by coloring the bar under one of the anatomical terms in the right-hand margin—these are the same terms that were listed in bold face on the first page of the unit. Then, using the same color, color the structure on the illustration that corresponds to that term. Repeat this process until all the underlying bars and their associated structures have been colored. As you are coloring, pay close attention to the location, extent, and shape of each structure. In most cases, it will be obvious which part of an illustration should be colored; in cases where it is not, ambiguous boundaries are defined for you by dashed lines. Be careful to use coloring instruments that do not bleed through the paper. You will require four or five distinctive colors for most learning units—the maximum number required is nine. Use colors that you find aesthetically pleasing, but avoid those that are dark because they may obscure the drawing.

Once you have finished coloring the designated structures, use the cover flap on the last page of the book to conceal the terms in the right-hand margin; then, write the names of each of the colored structures on a scrap of paper, saying them aloud as you do. Repeat this exercise until you can do it without an error—not

even a spelling or a pronunciation error. Now take a short break—say 5 minutes. When you return, repeat the preceding exercise. When you have achieved perfection for the second time, move on to the next learning unit.

When you have completed all of the learning units in a chapter, complete its review exercises. Then, check the accuracy of your answers—the correct answers are provided at the back of the book. Carefully, review material related to any errors that you make. If you make more than a few errors, review the entire chapter before proceeding to the next one.

If you follow these simple procedures, you will soon have a good working knowledge of basic neuroanatomy. I guarantee it.