BIO 25 PAL Worksheet

Week 1 (#1): Introduction & Homeostasis

**Introduction to how PAL worksheets will be structured**

Effective learning depends on your ability to connect ideas to things you already know. Think of a tree’s branching structure - you want to add new ideas to existing branches. What you do NOT want to do is try to memorize something on its own (like a random pod of facts floating around). That type of “knowledge” disappears quickly. So, trees, not pods, is the goal.

Therefore, the worksheets will ask you to ***remember*** something you just learned in the regular class, do some practice to really ***understand*** it, and then ***apply*** it to a new situation. This type of work results in true learning.

**For Today (after Icebreakers, etc.)**

Please construct a PAL Emotional Charter. This is a great way to create a safe space for everyone to learn, feel like they can ask questions, admit when they still don't understand, etc.

1) Please answer these for yourself privately:

In BIO 25 PAL, I want to feel…...

In order to feel this way, I will….

If/when I get frustrated/overwhelmed, I will…

2) Then the class will construct its own group Class Charter:

In BIO 25 PAL, We want to feel…...

In order to feel this way, we will….

If/when we get frustrated/overwhelmed, we will…