Study recommendations:
• Study material before the lectures; they go too quickly to absorb anything otherwise. This means:
• memorize the pathway at least the night before.
• Look at the old exams and assigned problems before reading and before coming to class. They cover the topics that Dr. Mathews wishes emphasizes. Pay attention to these areas!
• Discover why the material is actually interesting for you.

Memorize by:
• using flashcards (keep them in your pocket);
• filling in the blanks (both names and blanks in formulas);
• writing the most important pathways on a white piece of paper (repeatedly);
• writing out the most important themes and bits of information from the book and lecture (if you already have a list you can highlight it and add to it during the lecture, and then review it!);
• studying in groups (prepare questions for each other and ask each other!);
• repeatedly doing the book and exam questions until you don’t have to look up how to do them;
• using computer flash-card programs;
• singing/listening to songs;
• pasting the pathways on your bathroom mirror and facing the toilet;
• posters (make your own on butcher paper!; put the citric acid cycle in the middle and connect the new pathways you learn);
• making the strangest connections you can e.g. write stories about what happens to Ms./Mr. Glucose;
• ensuring you are in a condition to take in information (exercise?, relaxation?, quiet/background noise?, temperature?, window open?, etc.).

Come to the TA:
• with definite question of what you don’t understand (write them as you read!) or what you’ve misunderstood;
• having informed him of those question via email so he can best answer them;
• having looked at the material i.e. having understood all you could (this means having read the book, looked at the old exams, asked your classmates, etc; basically spent time examining the material on your own. If your fellow students haven’t understood either, then come together);
• with the expectation to understand before you leave;
• in groups with the same questions;
• NOT right before the final (a midterm etc.) and BEFORE dead-week.

Do NOT come if:
• you haven’t prepared (=read the book etc., see above);
• you want a lecture repeated in its entirety;
• you want the class “explained” the night before the final or a midterm.
Literature recommendations:


Valley Reference: QP514.2 .K6613. LIB USE ONLY.

At Books-A-Million (www.bamm.com): $31.02 (new); at half.com: $19.29 (used; nine available).

Amazon.com review summary: ★★★★★

- **A must have for students of biochemistry** from Santa Cruz, CA: I was given the *Color Atlas of Biochemistry* as a gift midway through my undergraduate career. It has been an invaluable study aid – the illustrations are plentiful and very clear and the text is well organized and packed full of useful information. It’s perfect for when you want to just get down to the critical information instead of having to dig for it in a bloated textbook. I have gotten more use out of this book than any other during my studies. Even for a graduate student, this book is perfect for refreshing your memory on subjects you haven’t studied in a while. Highly recommended.

- **Excellent small text/atlas**, from St Charles, MI: I wish I had this book when I started my studies. It makes an excellent companion for reading with Voet & Voet. The illustrations are superb, worth memorizing, and supplement the excellent illustrations in Voet. Very easy to follow. The overview diagrams bring a great deal of information together visually.

**John’s recommendation**: GET, unless you intend either to go into a field where you are certain you won’t have to ever again look at biochemistry or aren’t interested in doing well. At the very least, look at it.


Valley Reference: QP171 .S1185. LIB USE ONLY.

Amazon.com review summary: ★★★★★
- **Excellent, Concise, and Thorough!**, from the USA: This large format book reviews basic metabolism in an easy to understand manner. Specific segments of the metabolic pathway are summarized within two pages. Each face-page gives an overview of the entire metabolic pathway, with an outline of the specific topic discussed within that section. Far easier to comprehend than the metabolic pathways as described in those well known Biochemistry tomes, where the entire metabolic pathway is spread over 100 or so pages!
- **Metabolic pathways??? - Brilliant!**, from Australia: As a biochemistry student I found this book to be the perfect partner to Albert Lehninger’s *Principles of Biochemistry*. An excellent overall picture of how each pathway interacts with other metabolic components.
- (The only negative comment was from a student who complained he couldn’t fit the thing in his backpack.)

**John’s recommendation:** **PHOTOCOPY** (for your own, private scholarly research) those pathways we’ll be studying this term. The library has a map photocopier that will fit the whole page. **BUY** if you’ll be doing biochemistry.


Valley: QP514.2 .V64.

At half.com: $57.99 (used); at Powell’s Books: $80 (used); at Books-A-Million (www.bamm.com): $115.20 (new).

Amazon.com review summary: ★★★★★
- **Big picture lost in the details**, from Boston, MA: V&V does a great job on details, however, it sadly misses the big picture. The meta and intuitive material is indeed there, but so buried as to be nearly useless. The reader has difficulty reconstructing a coherent whole.
  To profit from V&V, you need either an unusually good prof, or a companion book such as Lehninger, Mathews, or Stryer. Read a chapter from the simpler text, then fill in the finer points with V&V. This learning model has worked very well for me.
- **Encyclopedia of Biochemistry** from Philadelphia: As an undergraduate student who had an opportunity to have Dr. Voet as my professor for my biochemistry class, I must say that this book is extremely useful for referencing but horrible for an intro class- it's just too detailed to be digestible. The array of pretty figures is definitely a plus, but the texts are a bit confusing at times.

**John’s recommendation:** **LOOK AT IRVING GEIS’ BEAUTIFUL ILLUSTRATIONS**! They’re incredible. Definitely do not purchase until the third edition comes out (should arrive within the next few months). Then, only buy it if you’re into biochemistry.

Available through an ORBIS exchange from the University of Oregon and University of Portland or photocopies for personal scholarly use from the TA. Tape may find its way to a CD for scholarly private use of students only.

At Books-A-Million (www.bamm.com): $17.06 plus shipping (new). Cassette available for $14.00 from Portland Press Ltd., Colchester, Essex; sales@portlandpress.co.uk.

Amazon.com review summary:
- **Uniquely entertaining**, from Oklahoma: The book and audiotape are treasures. I bought them on a whim in 1982 or 1983 after seeing an ad in TIBS [Trends in Biochemical Sciences]. I use them now to cap off my biochemistry course (a college-level course for gifted high school students). My students love it, and sing along enthusiastically. This book and tape are likely to appeal to a somewhat limited audience, and I wonder if there is anyone else in the world who bought this besides me and the other reviewer? I would love to buy a CD copy of the tape, because I know mine will wear out sooner or later.

- **This book is the reason I passed biochem**, from St. Louis, Missouri: This book and the accompanying tape are the single most useful tool for memorizing the major biochemical pathways I've ever used. I got A’s in both undergraduate and graduate level general biochemistry classes due to this wonderful study aid.

John's recommendation: GET, if this is a way you know you can learn or simply if you enjoy such things.


At half.com: $109.69 (used); at Books-A-Million (www.bamm.com): $108.00 (new, plus shipping).

Amazon.com review summary: ★★★★★
Biochemical Pathways... – An excellent reference guide, from Germany: The book *Biochemical Pathways...* is the book of choice if you quickly need information on a particular biochemical reaction, substrate or enzyme and serves well as an excellent reference guide. It is a comprehensive book version of the well-known Boehringer Mannheim wall-chart “Biochemical Pathways” that can surely be found in almost every laboratory on the world. The book is color-coded and in addition to the enormous biochemical wall-chart data gives a large body of overview information about fundamental aspects concerning enzyme structure, viruses and even the immune system.

Biochemical Pathways...Great content, Poor Presentation, from Ithaca, New York: Comprehensive references of biochemical pathways are not common, especially with well-described cofactors, modulators, and interactions with disparate pathways. This book could provide such a useful reference; unfortunately, the quality of the layout is so poor as to make it very difficult to read... [I think the book looks great and this guy is trying to read in some poorly lit lab with an old prescription... I find the presentation to be quite clear.]

John’s recommendation: LOOK AT and photocopy those pages you find useful. Use a highlighter to transfer the colors or scan and print a color copy in Milne for $0.25.