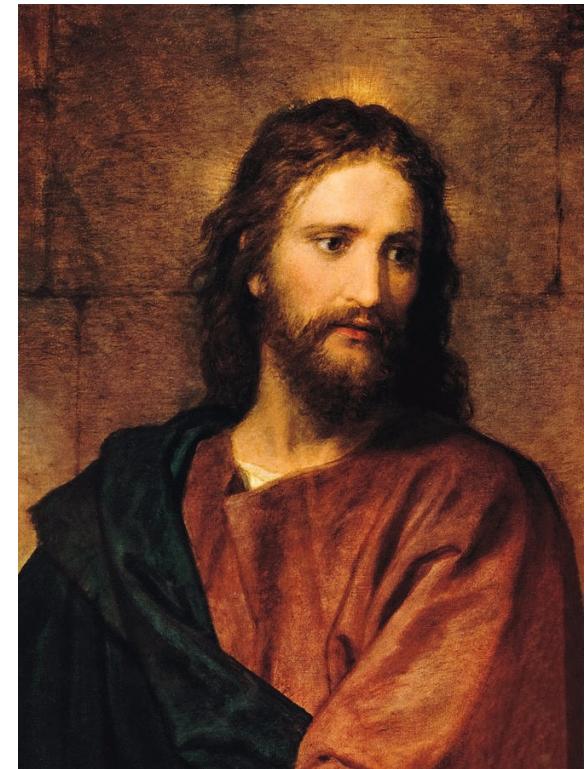
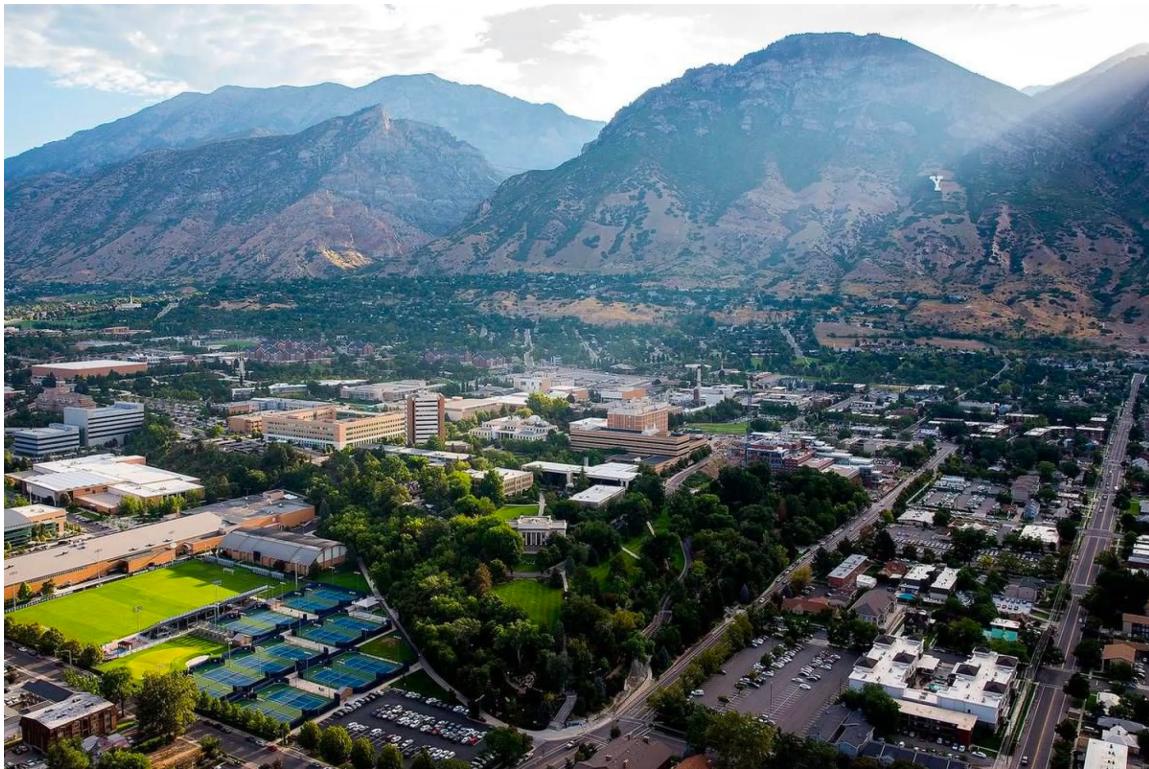


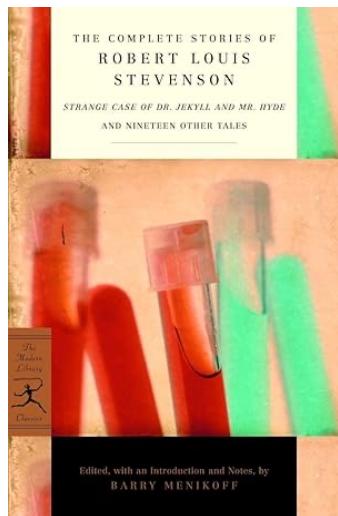
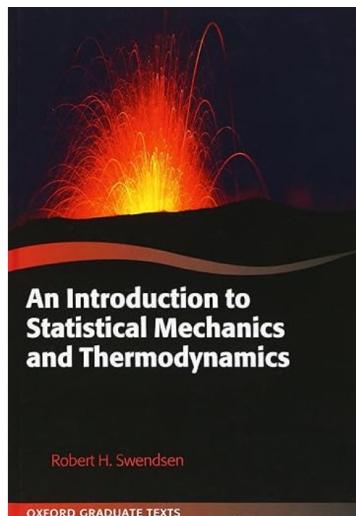
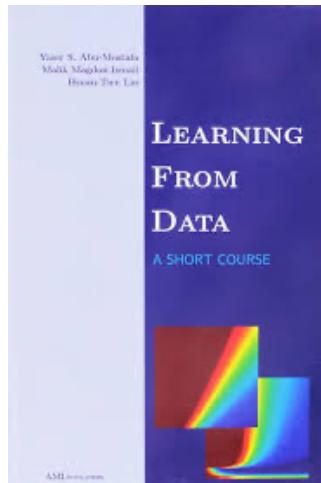
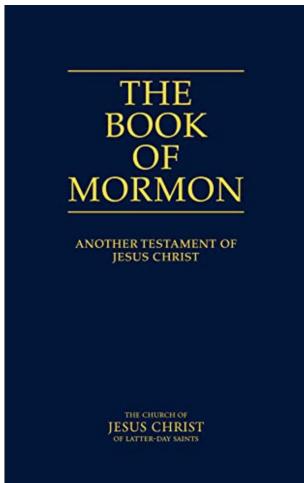
# U101



# What are you reading?



# Reading...



# Perspectives

## Teach Me to Love Botany

Barbara Sorensen Stoutner  
Ensign vol 13 issue 7, 1983

Teach me that in mitosis there are two replications of chromosomes and in meiosis only one.

Teach me that there is secondary growth in dicotyledons but not in monocotyledons because monocotyledons do not have cambia.

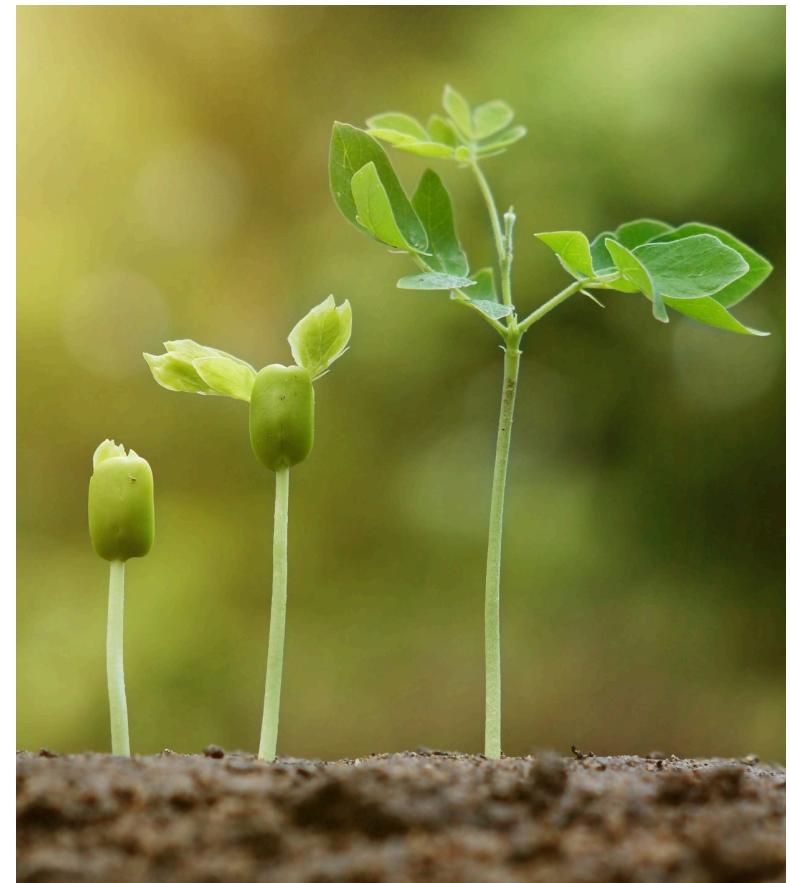
Teach me that I can get a grade symbolizing a knowledge of botany if I study two hours out of class for every hour in.

Teach me that if I endure the semester, I can graduate and never have to know about botany.

Teach me to marvel at the intricate difference between meiosis and mitosis.  
Teach me to wonder in awe how a majestic tree developed from a tiny seed containing two cotyledons.

Teach me to know in humility that all of the textbooks of men cannot reveal the secrets contained in a tiny blade of grass.

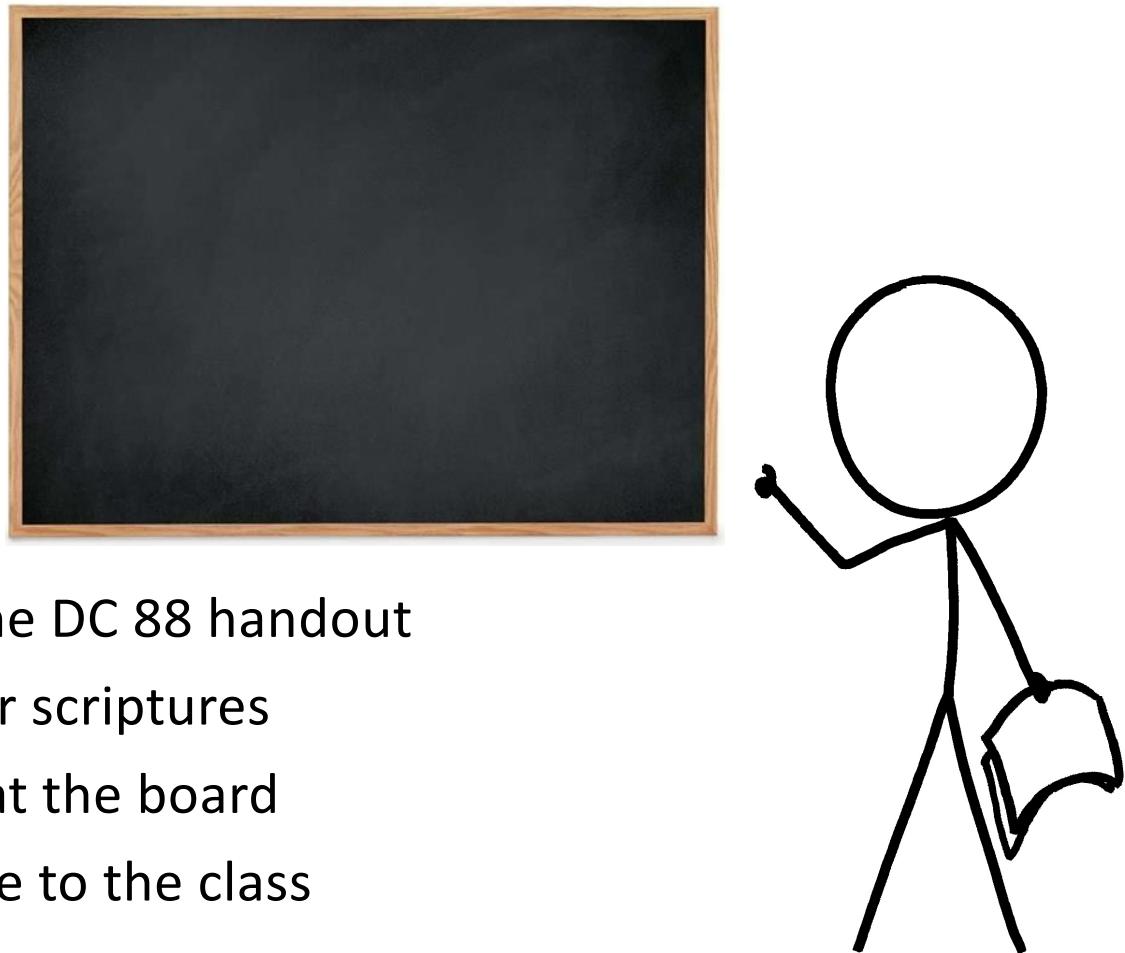
Teach me to love botany, and a lifetime's search for knowledge will not be able to quench the thirst you created.



<https://swanhose.com/blogs/general-watering/how-does-water-its-amount-its-quality-affect-plant-growth>

# DC 88 Olive Leaf, BYU Constitution

- Form 4 groups of 2-3
- Focus on one of the pages of the DC 88 handout
- Highlight key words, phrases, or scriptures
- List keywords for your section at the board
- Give a key idea, phrase, or verse to the class



# Arise!

Cease to be idle; cease to be unclean; cease to find fault one with another; cease to sleep longer than is needful; retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated.



## Early to bed, early to rise! Sleep habits and academic performance in college students

Arne H. Eliasson · Christopher J. Lettieri ·  
Arn H. Eliasson

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### Abstract

**Purpose** Prior studies have placed emphasis on the need for adequate total sleep time for student performance. We sought to investigate the relative importance of total sleep time compared to the timing of sleep and wakefulness for academic performance.

**Methods** We performed a questionnaire-based survey of college students in October 2007. The questionnaire gathered detailed information on sleep habits including naps, reasons for missing sleep, academic performance, study habits, time spent working outside of school, and stimulant use.

**Results** Compared to those with the lowest academic performance, students with the highest performance had significantly earlier bedtimes ( $p=0.05$ ) and wake times ( $p=0.008$ ). Napping tended to be more common among high performers ( $p=0.07$ ). Of importance, there were no significant differences in total sleep time with or without naps,

weekend sleep habits, study time, gender, race, reasons for staying up at night, nor in use of caffeinated beverages, over-the-counter stimulant pills, or use of prescription stimulants.

**Conclusions** Timing of sleep and wakefulness correlated more closely with academic performance than total sleep time and other relevant factors. These findings have important implications for programs intended to improve academic performance by targeting sleep habits of students.

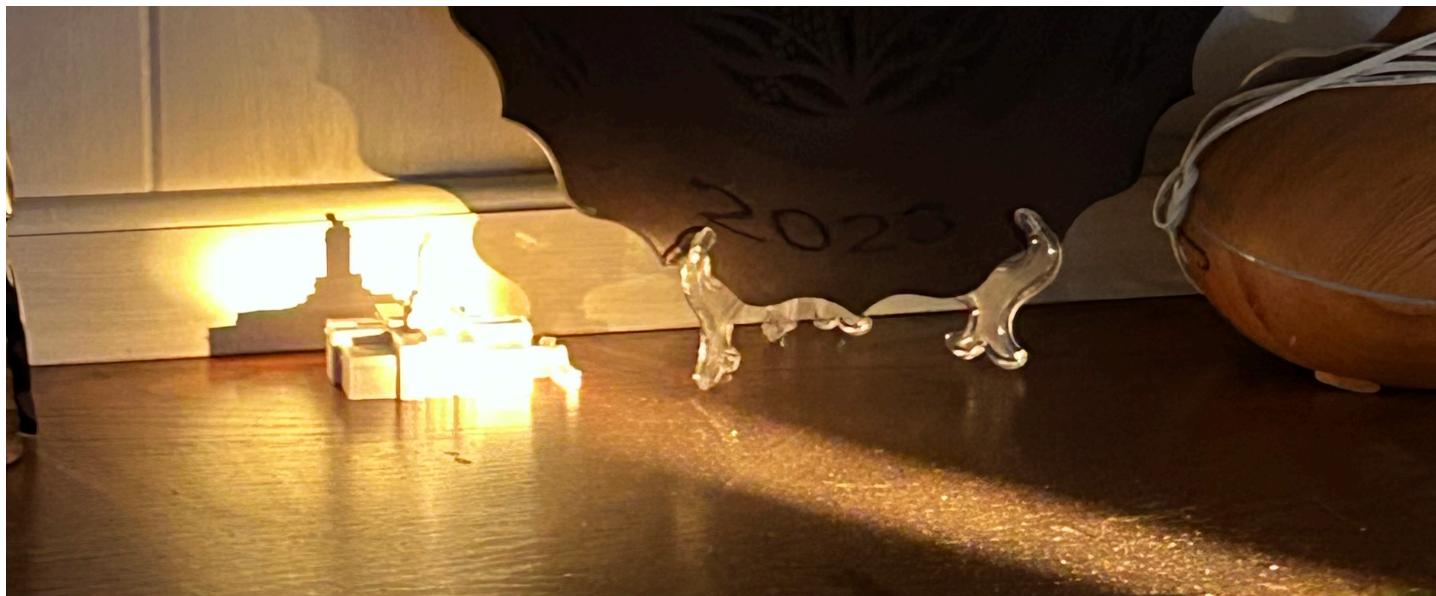
**Keywords** Academic performance · Total sleep time · Bed time · Wake time · Circadian rhythm

### Introduction

Habitual sleep patterns undergo substantial changes from childhood to adolescence [1, 2] and young adulthood [3]. These changes are characterized by progressive delay in the sleep phase without a decrease in need for sleep (internal factors) [4, 5]. At the same time, schedules (external

# Draw Near to God

Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me; ask, and ye shall receive; knock, and it shall be opened unto you.

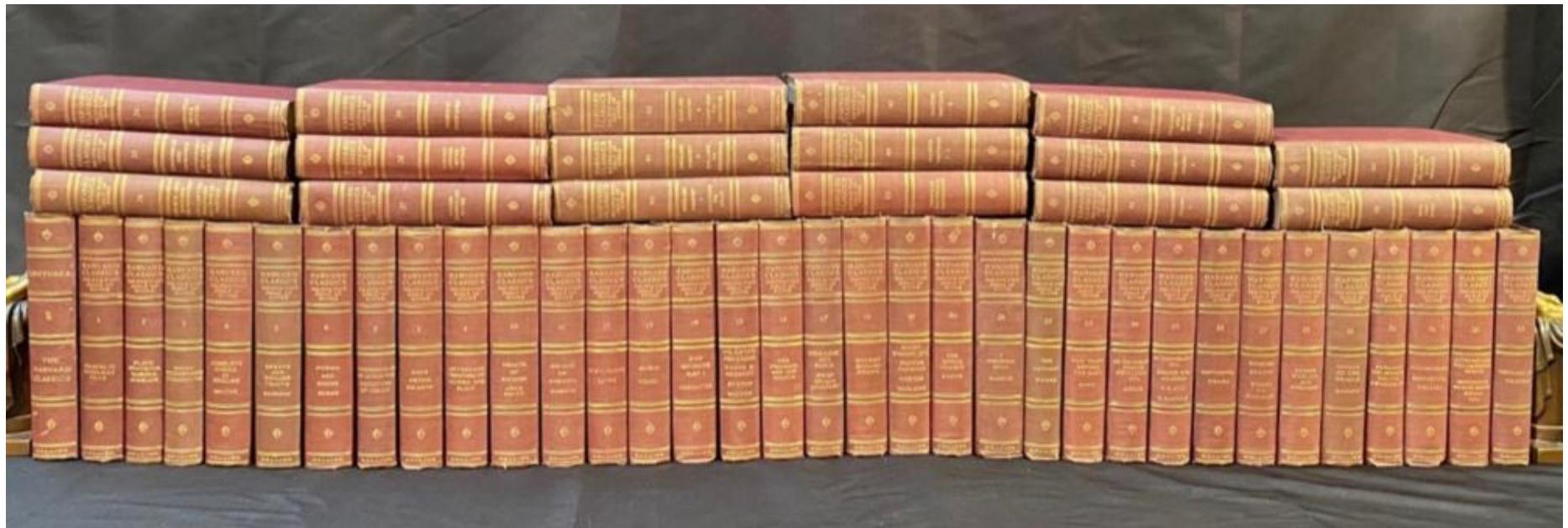


How do you hear Him?



# Seek learning

And as all have not faith, seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning, even by study and also by faith.



*What are the best books? (The old ones people are still talking about)*

# House of Learning, House of God

Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God;

