

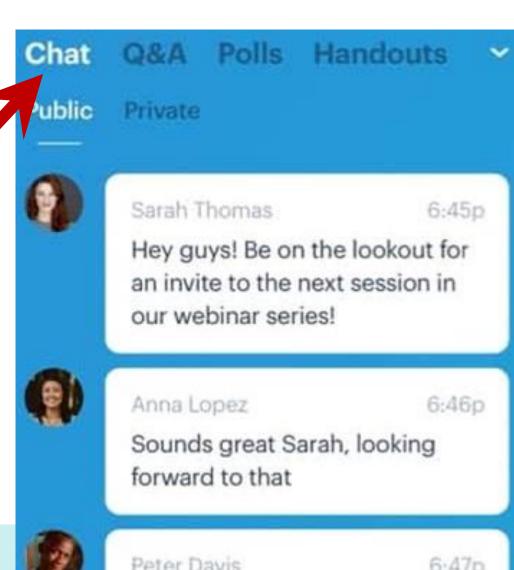


## AP<sup>(R)</sup> Jumpstart Biology – Exam Hacks

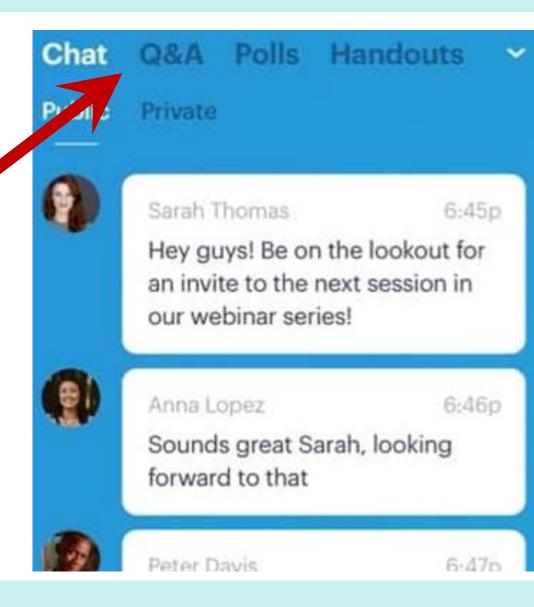
with Tiffany Jones (AP Bio Penguins)



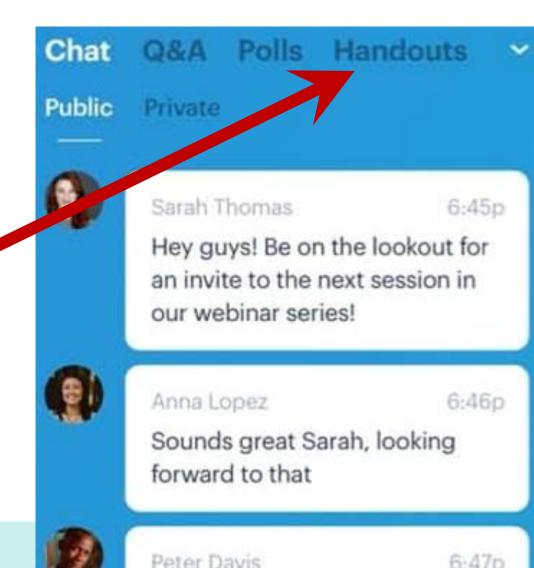
# Don't be shy! Talk to us in the **Chat** section



Post your questions in the **Q&A Section** and upvote your favorite questions.



Download your handouts and links in the **Handouts** tab.



# All sessions will be recorded and sent to you via email.

Recording Available

APUSH FRQ REVIEW: March 26, 2022

WATCH THE RECORDING

Hi John,

The recording for ACT Rev. March 26, at 2 PM ET is now available to watch.

Let us know anave any additional questions!

Webinar details:

Link

https://www.bigmarker.com/marco-learning/ 2020-12-02-08-00-pm?bmid=fb38e05dc501

About

**WATCH THE RECORDING** 

### Recording....





# Don't forget to start the recording....





## AP<sup>(R)</sup> Jumpstart Biology – Exam Hacks

with Tiffany Jones (AP Bio Penguins)



## Welcome - Who Are You?

# Mrs. Tiffany Jones

- 12 years of AP Biology
- Georgia
- AP Reader
- B.S. in Biology
- Ed.S. in Instructional Tech
- Creator of AP Bio Penguins





# AP Biology students are penguins because they are Dressed for Success!

You are now an AP Bio Penguin!



### **Exam Format**



### **Section 1: Multiple Choice**

Time:

90 minutes

**Contents:** 

60 MCQs

Worth:

50% of total points

**Section 2: Free Response** 

Time:

90 minutes

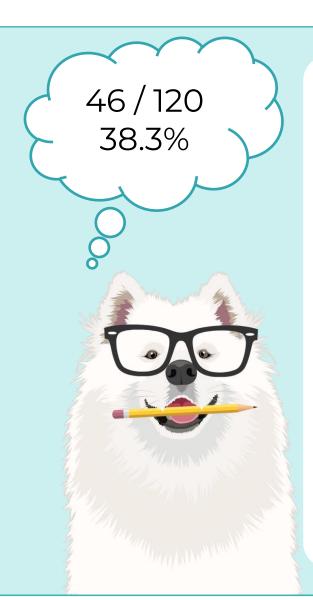
**Contents:** 

2 Long FRQs & 4 Short FRQs

Worth:

50% of total points





# Based on the 2020 Practice Exam Scoring Guidelines

You need approximately 46 of the available 120 points for a 3 on the exam

# AP Exam Topic Breakdown MARCO LEARNING



| Units of Study                            | Exam<br>Weighing | #Qs<br>(2020)   |
|---|------------------|-----------------|
| Unit 1: Chemistry of Life                 | 8 – 11%          | 5 – 7<br>(5.7)  |
| Unit 2: Cell Structure and Function       | 10 – 13%         | 6 – 8<br>(6.7)  |
| Unit 3: Cellular Energetics               | 12 – 18%         | 7 – 10<br>(9.3) |
| Unit 4: Cell Communication and Cell Cycle | 10 – 15%         | 6 – 9<br>(6.7)  |

# AP Exam Topic Breakdown MARCO LEARNING



| Units of Study                         | Exam<br>Weighing | #Qs<br>(2020)   |
|--|------------------|-----------------|
| Unit 5: Heredity                       | 8 – 11%          | 5 – 7<br>(6)    |
| Unit 6: Gene Expression and Regulation | 12 – 16%         | 7 – 10<br>(8)   |
| Unit 7: Natural Selection              | 13 – 20%         | 8 – 12<br>(9.3) |
| Unit 8: Ecology                        | 10 – 15%         | 6 – 9<br>(8.3)  |

# **Multiple Choice Format**



### **Independent Questions**

Insulin is a protein hormone that is secreted in response to elevated blood glucose levels. When insulin binds to its receptors on liver cells, the activated receptors stimulate phosphorylation cascades that cause the translocation of glucose transporters to the plasma membrane.

Based on the information provided, which of the following best describes the role of insulin in this liver cell signal transduction pathway?

- (A) It acts as a ligand.
- (B) It acts as a receptor.
- (C) It acts as a secondary messenger.
- (D) It acts as a protein kinase.

Based on the 2020 Practice Exam

31 – 38 Independent Questions 22 – 29 Set Questions

### **Set Questions**

- 40. Plates that have <u>only</u> ampicillin-resistant bacteria growing include which of the following?
  - (A) I only
  - (B) III only
  - (C) IV only
- (D) I and II
- 41. Which of the following best explains why there is no growth on plate II?
  - (A) The initial E. coli culture was not ampicillinresistant.
  - (B) The transformation procedure killed the bacteria.
  - (C) Nutrient agar inhibits E. coli growth.
  - (D) The bacteria on the plate were transformed.
- 42. Plates I and III were included in the experimental design in order to
  - (A) demonstrate that the *E. coli* cultures were
  - (B) demonstrate that the plasmid can lose its amp<sup>r</sup> gene
  - (C) demonstrate that the plasmid is needed for *E. coli* growth
  - (D) prepare the E. coli for transformation

- 43. Which of the following statements best explains why there are fewer colonies on plate IV than on plate III?
  - (A) Plate IV is the positive control.
  - (B) Not all *E. coli* cells are successfully transformed.
  - (C) The bacteria on plate III did not mutate.
- (D) The plasmid inhibits *E. coli* growth.
- 44. In a second experiment, the plasmid contained the gene for human insulin as well as the amp<sup>r</sup> gene. Which of the following plates would have the highest percentage of bacteria that are expected to produce insulin?
- (A) I only
- (B) III only
- (C) IV only
- (D) I and III



### **AP Bio Penguins**

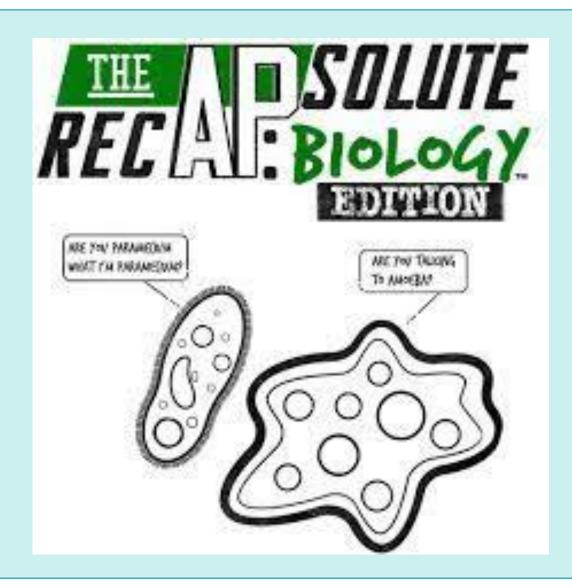
374 page Review Guide
120+ Quizizz Games
Topic/CED TikTok Videos
Review PowerPoints
Unit Review Videos
FRQ Fridays
@apbiopenguins (IG, TT, YT)

apbiopenguins.weebly.com



Don't forget the DAILY review on IG stories





### The APsolute RecAP

82 episodes (FREE) on any platform that offers podcasts

Guided listening sheets developed with podcast

theapsoluterecap.com

Plus... countdown to AP Exam with topic YT videos each day





Bozeman Biology



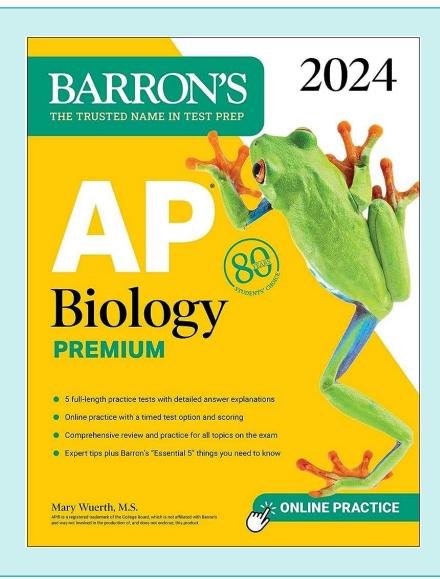
Crash Course





Ameoba Sisters





### **Barron's Review Book**

Section Reviews
Section Quizzes
Practice Exams with
Explanations

Other Books:
Princeton Review
5 Steps to a 5
Pearson (Holtzclaw)

# 8 Week Study Plan



Unit 1: March 24 - 30

Unit 2: March 31 - April 6

Unit 3: April 7 – 13

Unit 4 & 5: April 14 - 20

Unit 6: April 21 – 27

Unit 7: April 28 – May 4

Unit 8: May 5 - 11

Weaknesses: May 12 - 15

AP Bio Exam: May 16 at 12pm

30 minutes to an hour a day

### Example:

Memory Monday: Read/Review

TikTok Tuesday: Watch Review

TTs/YouTube

Quizizz Wednesday: Review Games

Think About it Thursday: Review

Guide Weaknesses

FRQ Friday: Practice FRQs



### 2024 AP® Bio 6-Week Study Plan



### **Quick Resources =**

**AP Boot Camp** 

**Score Predictor** 

YouTube

TikTok

### Week 1 (April 7-13)

- Units 1 and 2 (Chemistry of Life; Cell Structure and Function)
- Review FRO Task Verbs
- (C) Units 1 and 2 Review Guide (p. 8-55)
- A Tour of the Cell
- Chemistry of Life, Cell Structure, & Function
- Units 1 and 2 Ouizizz Practice
- (\*) Check our <u>events schedule</u> to join live study sessions!

### Week 2 (April 14-20)

- (Cellular Energetics)
- Unit 3 Review Guide (p. 56-87)
- ATP & Respiration
- Photosynthesis
- Cellular Energetics
- Enzymes Enzymes
- Unit 3 Quizizz Practice

### Week 3 (April 21-27)

- Units 4 and 5 (Cell Communication; Cell Cycle; Heredity)
- Units 4 and 5 Review Guide (p. 88-148)
- Cell Communication & the Cell Cycle
- Mitosis: Splitting Up is Complicated
- Cell Cycle, Mitosis and Meiosis
- Signal Transduction Pathways
- Mendelian Genetics
- Units 4 and 5 Quizizz Practice

### Week 4 (April 28-May 4)

- (Cene Expression and Regulation)
- Unit 6 Review Guide (p.149-197)
- DNA, Hot Pockets, & The Longest Word Ever
- Gene Regulation
- Examining Gene Expression and Regulation
- Unit 6 Quizizz Practice

### Week 5 (May 5-11)

- (i) Unit 7 (Natural Selection)
- Unit 7 Review Guide (p.198-252)
- Natural Selection: Part 1
- Natural Selection: Part 2
- Solving Hardy Weinberg Problems
- Unit 7 Ouizizz Practice
- Take a practice test and score it

### Week 6 (May 12-16)

- Prepare for the exam
- Unit 8 Review Guide (p. 253-315)
- Ecology Rules for Living on Earth
- Ecosystems
- Ecology & Biological Mechanisms
- Unit 8 Ouizizz Practice

AP Bio Exam Thu, May 16th, 12 PM local

### 10 for 10 Plan



# 10 DAYSx

### **UNIT 1 REVIEW**

UNIT 1 REVIEW VIDEOUNIT 1 MC PRACTICE

# 9 DAYS x

### **UNIT 2 REVIEW**

- UNIT 2 REVIEW VIDEO
   UNIT 2 MC PRACTICE
- · UNIT 2 FRQ PRACTICE

# 8 DAYS x

### **UNIT 3 REVIEW**

- · UNIT 3 REVIEW VIDEO
- · UNIT 3 MC PRACTICE
- · UNIT 3 FRQ PRACTICE

# 7 DAYS x

### **UNIT 4 REVIEW**

UNIT 4/5 REVIEW VIDEOUNIT 4 MC PRACTICEUNIT 4 FRQ PRACTICE

# 6DAYS x

### **UNIT 5 REVIEW**

• UNIT 5 MC PRACTICE
• UNIT 5 FRQ PRACTICE

# 5DAYS x

### UNIT 6 REVIEW

- · UNIT 5/6 REVIEW VIDEO
  · UNIT 6 MC PRACTICE
- · UNIT 6 FRQ PRACTICE

# 4 DAYS x

### **UNIT 7 REVIEW**

- · UNIT 7 REVIEW VIDEO
- · UNIT 7 MC PRACTICE
- · UNIT 7 FRQ PRACTICE

# 3DAYS x

### UNIT 8 REVIEW

- UNIT 8 REVIEW VIDEO
   UNIT 8 MC PRACTICE
- · UNIT 8 FRQ PRACTICE

### 2DAYS x

### **OVERALL REVIEW**

- · AP BIO CRAM SESSION
  - · UNIT 1 QUIZIZZ
  - · UNIT 2 QUIZIZZ
  - UNIT 3 QUIZIZZ
- · UNIT 4 QUIZIZZ

### 1DAY

### **OVERALL REVIEW**

- 2022 AP BIO FRQ FRIDAY
  - · UNIT 5 QUIZIZZ
  - · UNIT 6 QUIZIZZ
  - · UNIT 7 QUIZIZZ
  - · UNIT 8 QUIZIZZ



### **Multiple Choice Timing**

Keep pace

15 minutes for 10 questions = 1.5 minute/question
Use your diagrams (underline, jot notes, etc)
Read questions before the long prompts to hone you
into the important information
If a component of the MC answer choice is wrong,
mark it out
Nothing blank



# **Multiple Choice Strategies**



# **Annotate your Questions**

Underline important words as you read the question

"Jot down" notes that could help you with the question

# **Multiple Choice Strategy**



### Question

Insulin is a protein hormone that is secreted in response to elevated blood glucose levels. When insulin binds to its receptors on liver cells, the activated receptors stimulate phosphorylation cascades that cause the translocation of glucose transporters to the plasma membrane.

Based on the information provided, which of the following best describes the role of insulin in this liver cell signal transduction pathway?

- (A) It acts as a ligand.
- (B) It acts as a receptor.
- (C) It acts as a secondary messenger.
- (D) It acts as a protein kinase.

### **Strategy**

**Protein hormones** are extracellular Step 1 in Signal signaling **Transduction** molecules Step 2 in Signal **Pathway** Transduction (Reception) Step 3 in Signal protein hormone **Pathway** espe Transduction (Transduction) **Pathway** ls. When insulin b rs on liver cells, the activated (Response) mulate phosphorylation cascades that cause the translocation of glucose transporters to the plasma membrane.

Based on the information provided, which of the following best describes the role of insulin in this liver cell signal transduction pathway?

- ( Signaling molecule that binds to a receptor
- (B) It acts as a receptor. Protein that binds to a ligand/signaling molecule to initiate transduction
- (C) It acts as a secondary messenger. Small intracellular molecule in transduction
- (D) It acts as a protein kinase. Relay molecule in transduction

# **Multiple Choice Strategies**



# Trust your Knowledge

Cover up the answer choices and develop your own answer then check if it's an option

# **Multiple Choice Strategy**



### Question

- Humans have a diploid number ("2n") of 46. Which of the following statements best predicts the consequence if meiosis did not occur during gametogenesis?
  - (A) The gametes would get larger from one generation to the next.
  - (B) The chromosome number would double with each generation.
  - (C) The chromosome number would be halved with each generation.
  - (D) The chromosome number would triple with each generation.

### Strategy

Humans have a diploid number ("2n") of 46. Which of the following statements best predicts the consequence if meiosis did not occur during gametogenesis?

# **Multiple Choice Strategies**



# Use your Resources

Use the figures or diagrams to help you answer the questions

# **Multiple Choice Strategy**



### Question

10. A student used a microscope to observe a wet-mount slide of red onion epidermal cells that were suspended in a 1% NaCl solution. The student then added a 15% NaCL solution to the slide and observed the changes that occurred. The student's observations are represented in Figure 1.

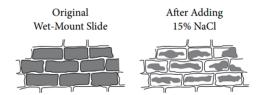


Figure 1. Student's observations of onion cells

Which of the following most directly explains the changes in the cells?

- (A) The degradation of DNA in the nuclei of the cells
- (B) The lysis of chloroplasts in the cells
- (C) The movement of water from the central vacuoles of the cells into the solution
- (D) The movement of NaCl from the solution into the cytoplasm of the cells

### Strategy

10. A student used a microscope to observe a wet-mount slide of red onion epidermal cells that were suspended in a 1% NaCl solution. The student then added a 15% NaCL solution to the slide and observed the changes that occurred. The student's observations are represented in Figure 1.

Original After Adding Wet-Mount Slide 15% NaCl 1% NaCl: Hypotonic Sol'n 15% NaCl: Hypertonic Sol'n

Water moves from hypotonic solution to a hypertonic solution

Figure 1. Student's observations of onion cells

Original After Adding Wet-Mount Slide Water moves from hypotonic solution to a hypertonic solution

Figure 1. Student's observations of onion cells

Which of the following most directly explains the changes in the cells?

- (A) The degradation of DNA in the nuclei of the cells
- (B) The lysis of chloroplasts in the cells
- The movement of water from the central vacuoles of the cells into the solution

(D) The movement of NaCl from the solution into the cytoplasm of the cells

# **Multiple Choice Strategies**



# **Annotate your Diagrams**

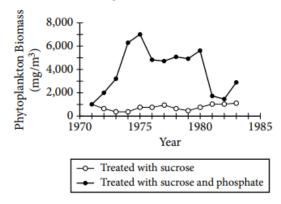
Write on the graphs and show your work

# Multiple Choice Strategy



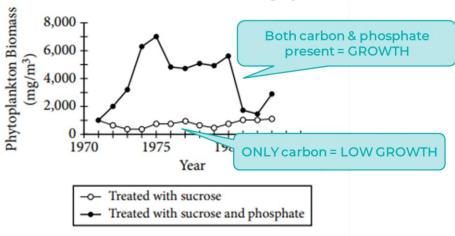
### Question

Questions 4-7 refer to the following material.



- 4. Which of the following claims is best supported by the data?
  - (A) Carbon was a limiting factor for phytoplankton in the lake.
  - (B) Phosphate was a limiting factor for phytoplankton in the lake.
  - (C) Both carbon and phosphate were limiting factors for phytoplankton in the lake.
  - (D) Neither carbon nor phosphate was a limiting factor for phytoplankton in the lake.

### **Strategy**

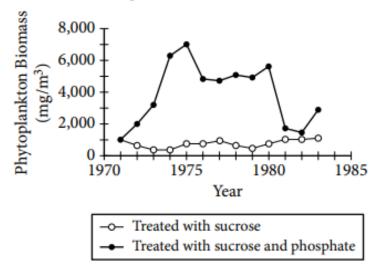


- 4. Which of the following claims is best supported by the data?
  - (A) Carbon was a limiting factor for phytoplankton in the lake.
  - Phosphate was a limiting factor for phytoplankton in the lake.
  - (C) Both carbon and phosphate were limiting factors for phytoplankton in the lake.
  - (D) Neither carbon nor phosphate was a limiting factor for phytoplankton in the lake.

# **Multiple Choice Strategy**

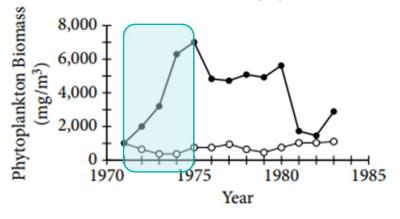


### Question



- 5. The average growth rate of the phytoplankton population from 1971 to 1975 in the side of the lake treated with sucrose and phosphate is closest to which of the following?
  - (A) 125 (mg/m3)/year
  - (B) 1,000 (mg/m<sup>3</sup>)/year
  - (C) 1,500 (mg/m3)/year
  - (D) 6,000 (mg/m3)/year

### **Strategy**



→ Treated with sucrose

Treated with sucrose and phosphate

(1971, 1000) & (1975, 7000)

$$rate = slope = \frac{\Delta y}{\Delta x}$$

$$rate = \frac{(7000 - 1000)}{(1975 - 1971)}$$

$$rate = \frac{6000}{4} = 1500$$

# Practice...Practice...Practice



### **Extra Practice Problems**

AP Classroom – Progress Performance Checks (ask your teacher)

Quizizz Review Games (content reviews)

2013 Released Practice Exam

AP Bio Penguins Review Guide – Section Reviews







### Free Response Timing:

Approximate:

25 min per long & 10 min per short Recommendation:

20 min per long & 8 min per short

Time on Page
Checkboxes for each bold task
Order of Knowledge/Ability
Watch your question number





### Free Response Format:

TWO booklets (question book/response book)

SPECIFIC Questions on SPECIFIC pages

ALL answers should be on the response book

Write in PEN (black/dark blue) – not eraseable!

Graph in pencil (cover with pen, if time permits)

WRITE LEGIBLY!!!

Label your sections (a), (b), (c), & (d)

Label your sections (a), (b), (c), & (d)
Single line cross out
COMPLETE sentences



### **NEW Format for FRQs**

Polycystic kidney disease (PKD) is an inherited disease that causes water loss from the body and affects cell division in the kidneys. Because water movement across cell membranes is related to ion movement, scientists investigated the role of the Na+/K+ATPase (also known as the sodium/potassium pump) in this disease. Ouabain, a steroid hormone, binds to the Na+/K+ATPase in plasma membranes.

(a)

- (i) **Describe** the characteristics of the plasma membrane that prevent simple diffusion of Na<sup>+</sup> and K<sup>+</sup> across the membrane.
- (ii) **Explain** why ATP is required for the activity of the Na<sup>+</sup>/K<sup>+</sup>ATPase.





### **NEW Format for FRQs**

Individuals with PKD have a genetic mutation that results in an increased binding of ouabain to the Na+/K+ATPase. The scientists treated normal human kidney (NHK) cells and PKD cells with increasing concentrations of ouabain and measured the number of cells (Figure 1) and the activity of the Na+/K+ATPase (Figure 2) after a period of time. The scientists hypothesized that a signal transduction pathway that includes the protein kinases MEK and ERK (Figure 3) may play a role in PKD symptoms.

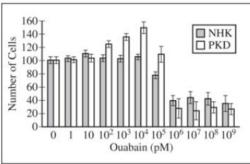


Figure 1. Cell number compared with the number of cells at 0 pM ouabain. Normal human kidney (NHK) cells and polycystic kidney disease (PKD) cells were treated with increasing concentrations of ouabain. Error bars represent ±2SE<sub>\*</sub>.

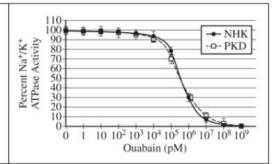


Figure 2. Percent Na\*/K\*ATPase activity of NHK and PKD cells treated with increasing concentrations of ouabain. Error bars represent ±2SE\*.

- (b)
- (i) Identify a dependent variable in the experiment represented in Figure 1.
- (ii) Justify the use of normal human kidney (NHK) cells as a control in the experiments.
- (iii) Justify the use of a range of ouabain concentrations in the experiment represented in Figure 1.



### Free Response Strategies



Read the question, Read the question, Read the ...

Do not restate the question

Additional examples are not scored

Beware of contradictions

Use the diagrams

Define your terms

Don't forget that AP Bio Penguins has a FRQ Friday video going over all of the FRQs from 2013 - 2023



# FRQ Section Breakdown



| # | Topic  | Points |
|---|--|--------|
| 1 | Interpret & Evaluate Experimental Results                  | 8 – 10 |
| 2 | Interpret & Evaluate Experimental Results with<br>Graphing | 8 – 10 |

Long FRQ Total: 18 points



# FRQ Section Breakdown



| # | Topic                                  |           | Points |
|---|--|-----------|--------|
| 3 | Scientific Investigation               | 4         |        |
| 4 | Conceptual Analysis                    |           | 4      |
| 5 | Analyze Model or Visual Representation |           | 4      |
| 6 | Analyze Data                           | Short FRQ | 4      |

Short FRQ Total: 16 points





40

### **FRQ #1**

Part A (1-2 pts): **Describe** and **explain** biological concepts, processes, or models

Part B (3-4 pts): **Identify** experimental design procedures

Part C (1-3 pts): Analyze data

Part D (2-4 pts): Make and justify predictions





### FRQ #2

Part A (1-2 pts): **Describe** and **explain** biological concepts, processes, or models

Part B (4 pts): **Construct** a graph, plot, or chart and use confidence intervals or error bars

Part C (1-3 pts): Analyze data

Part D (2-4 pts): Make and justify predictions





### FRQ #3

Part A (1 pt): **Describe** biological concepts, or processes

Part B (1 pt): Identify experimental procedures

Part C (1 pt): **Predict** results

Part D (1 pt): **Justify** predictions





#### **FRQ #4**

Part A (1 pt): **Describe** biological concepts, or processes

Part B (1 pt): Explain biological concepts or processes

Part C (1 pt): **Predict** cause or effects of a change in a biological system

Part D (1 pt): **Justify** predictions





### **FRQ #5**

Part A (1 pt): **Describe** characteristics of a biological concept, process, or model represented visually.

Part B (1 pt): **Explain** relationships between different characteristics of a biological concept or process represented visually

Part C (1 pt): Represent relationships within a biological model

Part D (1 pt): **Explain how** a biological concept or process represented visually relates to a larger biological principle, concept, process or theory





#### FRQ #6

Part A (1 pt): Describe data

Part B (1 pt): Describe data

Part C (1 pt): Use data to **evaluate** a hypothesis or prediction

Part D (1 pt): **Explain how** experimental results relate to biological principles, concepts, processes, or theories



## Practice...Practice...Practice



#### **Extra Practice Problems**

AP Classroom - Progress Performance Checks

AP Central FRQs

2013 Released Practice Exam

AP Bio Penguins Review Guide – Section Reviews

AP Bio Penguins – FRQ Fridays





#### Unit 1

Relationship between H+ ions and pH

Bonds differ in strength & type

Differences in macromolecules

#### Unit 2

Movement of water/tonicity

Integration of organelles



#### Unit 3

ATP Synthase

Enzyme Reactivity vs. Substrate Concentration

NADH, NADPH, FADH2

Plants undergo BOTH Cell Respiration & Photosyntesis

#### Unit 4

Nondisjunction

Positive vs. Negative Feedback

Ligands

Signal Transduction



#### Unit 5

Monohybrid vs. Dihybrid

Punnett Square Probability

Linkage vs. Independent Assortment

#### Unit 6

Directionality in replication, transcription, & translation



#### Unit 7

Lamarckian Statements

Allopatric Speciation

Extant vs. Extinct

#### **Unit 8**

INDEX (always subtract from 1)

Feeding arrows in food webs/food chains



#### **Science Practice**

Null hypothesis

DV, IV, control

Error bars

Types of Graphs

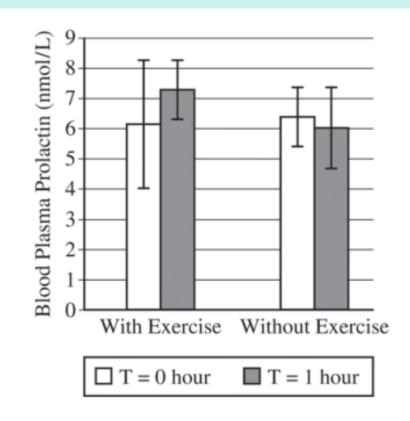


Figure 1. Effect of exercise on blood prolactin levels in adult males. The data represent the means  $\pm 2SE_{\overline{X}}$ .

## Helpful Resources



### **AP Bio Penguins**

374 page Review Guide
120+ Quizizz Games
Topic/CED TikTok Videos
Review PowerPoints
Unit Review Videos
FRQ Fridays
@apbiopenguins (IG, TT, YT)

apbiopenguins.weebly.com



Don't forget the DAILY review on IG stories

## **Quizizz Game Codes**





UNIT 1: CHEMISTRY OF LIFE 1.2

7070 1203

ELEMENTS OF LIFE 8038 9908

1.4 PROPERTIES OF BIOLOGICAL MACROMOLECULES 8811 3268

7844 0483

NUCLEIC ACIDS 7670 2727

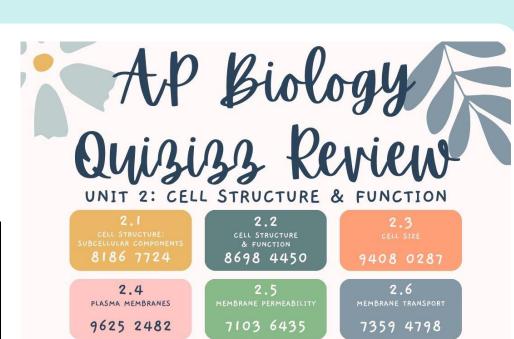
Codes are updated when games max out at 1K plays. Check website for most up to date codes.











2.10 ELL COMPARTMENTALIZATION 7575 5392

2.8 TONICITY & OSMOREGULATION 7459 6888

COMPARTMENTALIZATION 7599 6747

2.9

MECHANISMS OF TRANSPORT

7507 9598

2.11 ORIGINS OF CELL

@APBIOPENGUINS

## **Quizizz Game Codes**





UNIT 3: CELLULAR ENERGETICS

3.2 ENZYME CATALYSIS 7681 7354

3.4 CELLULAR ENERGY 7768 6232

7807 2400

7836 2026

3.7 FITNESS 7850 6839







4.4

CHANGES IN SIGNAL

TRANSDUCTION PATHWAYS

8096 8660

4.2 INTRODUCTION TO SIGNAL TRANSDUCTION 7981 0156

8159 6183

4.7

8280 2958

8217 5435

4.6

REGULATION OF CELL CYCLE





5.2

5.4 NON-MENDELIAN GENETICS 8497 5153

8372 0107

8569 9218

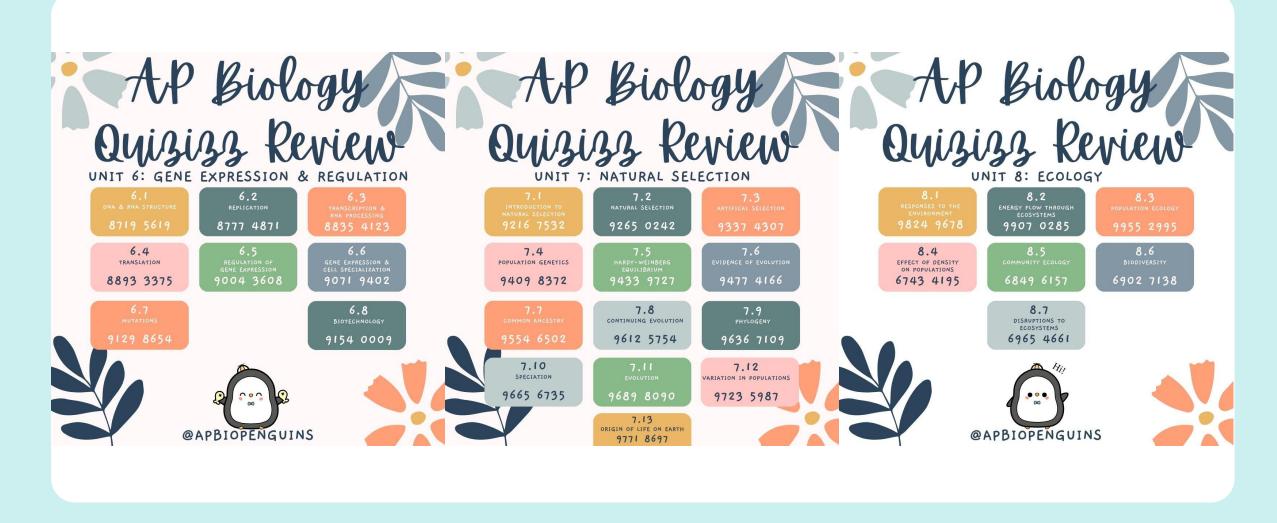
8651 9825





## **Quizizz Game Codes**





#### **Contact Us**



#### Website

marcolearning.com/contact/

#### **Social**





- @marcolearning
- Marco Learning
- in Marco Learning

Don't forget about: apbiopenguins

