

Osmosis Learning Platform Tutorial

Updated 07/2024

Office of Academic Affairs

Pacific Dugoni provides complimentary access to the Osmosis platform to all **first- and second-year DDS** students. Osmosis provides a variety of resources, including animated videos on basic science (and dental) topics. This tutorial highlights three most frequently used tools on Osmosis: **videos, playlists, and flashcards**.

Log in

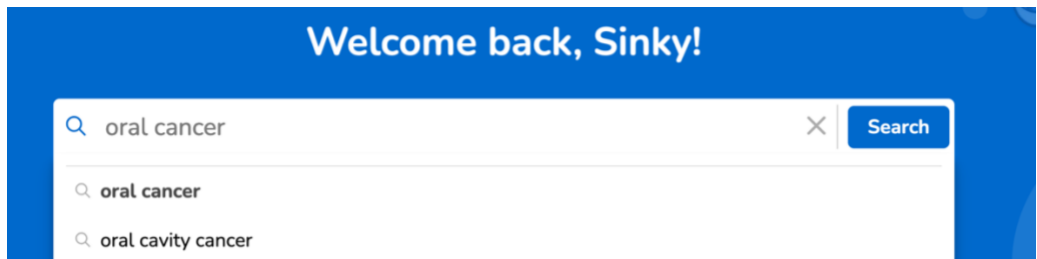
- Go to <https://www.osmosis.org>
- Click **Sign in** at the top right corner
- Scroll down to the bottom; Choose **"Have an institutional account"**.

Videos

Osmosis has a collection of animated videos organized by content areas and disciplines.

Option 1: Search a video using the Search tool

Example: "Oral cancer"



Option 2: Review videos for all content areas

- Click **View all topics** -> scroll to the bottom, click **Featured Series** -> **Dentistry**
- Example: "Gingivitis"



Featured Series

Dentistry

Learning science

Pre-med

Question and answer topics

Raise the Line podcast

Self-care

Year of the Zebra (rare diseases)

Video features

Within each video, there are some tools you can use to customize your learning experience.

- Clickable chapters
- Playback speed (speed up/down)
- Caption
- Transcript
- Notes: take time-stamped notes while watching the video
- Flashcards: some videos have linked flashcards on the topics covered in the videos.

The image shows a video player interface with an anatomical diagram of oral surfaces. The diagram is labeled with various components: **ORAL SURFACES:** EPITHELIUM, KERATINIZED STRATIFIED SQUAMOUS EPITHELIUM, LAMINA PROPRIA, BLOOD VESSELS, NERVES, IMMUNE CELLS, BASEMENT MEMBRANE - TOUGH CONNECTIVE TISSUE, KERATIN - PROTEIN = TOUGH, and LYMPHATICS. The video player interface includes a play button, a progress bar showing 01:26 / 12:29, and various control icons. A sidebar on the right shows the video title "Oral cancer" and a list of chapters: "Gastrointestinal system", "Select all", "Congenital disorders" (with sub-chapters: Biliary atresia, Cleft lip and palate, Congenital diaphragmatic hernia, Esophageal web), and a page number "5".

Playlists

The Osmosis video playlists is like a YouTube video playlist. It is a great way to organize videos that you want to review and watch by topics.

Tutorial

- Click **Playlists** in the left navigation area
- Create a **new playlist** and give it a name (e.g., "Pathology videos")
- Click **Add to playlist** to add a video to the playlist.

The screenshot shows the Osmosis interface. On the left is a navigation menu with options: Home, My tools, Video Topics, Playlists (highlighted with an orange underline), and Flashcards. The main content area displays a video card for 'Oral cancer'. The card includes a thumbnail with the title 'ORAL CANCER' and a duration of 12:30. To the right of the thumbnail, the text reads: 'Oral cancer' followed by 'Oral cancer' and 'Oral cancer' (likely a typo for 'Oral cancer' and 'Oral cancer' respectively). Below this, it says 'Oral cancer' and 'Oral cancer' (likely 'Oral cancer' and 'Oral cancer' respectively). To the right of the video card is a blue button labeled 'Add to playlist'. Below the video card, there is a dropdown menu labeled 'Also appears in'.

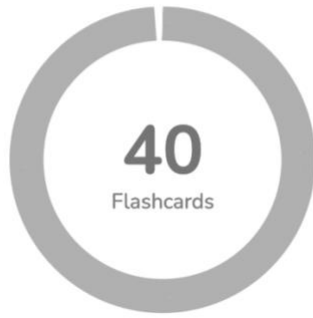
Flashcards

Osmosis has a collection of flashcards readily available for you to quiz yourself. This is a nice way to practice self-testing, a research-based study strategy to improve comprehension and information retention.

Tutorial

- Click **Flashcards** in the left navigation area.
- Browse **content topics** (e.g., Biochemistry) -> choose **subtopics** -> **Build quiz**.
- Click **Start now** (to quiz yourself now) or **Save to Queue** (for use later).

The screenshot shows the Osmosis flashcard selection interface. At the top, there is a 'Select All' checkbox and a 'Select topic' header. Below this, there are several columns of topics, each with a checked checkbox and a count of items. The topics are: Biochemistry (15 / 158), Physiology (15 / 158), Metabolism (15 / 158), Carbohydrate metabolism (1 / 69), and Glycolysis (1 / 11). Under 'Carbohydrate metabolism', there are subtopics: Fat and cholesterol metabolism (7 / 32), Protein metabolism (6 / 50), and Nucleic acid metabolism (1 / 7). Under 'Glycolysis', there are subtopics: Citric acid cycle (0 / 11), Electron transport chain and oxidative phosphorylation (0 / 18), Gluconeogenesis (0 / 17), and Glycogen (0 / 5).



Estimated Time: 8 min.

More options

40
Flashcards

Browse

Save to queue

Start

