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The 25 laboratory sessions in this manual have been designed to introduce beginning students to the major concepts of biology while keeping in mind minimal preparation for sequential laboratory use. The laboratories are coordinated with *Essentials of Biology* a general biology text that covers all fields of biology. In addition this Laboratory Manual can be adapted to a variety of course orientations and designs. There are a sufficient number of laboratories and exercises within each lab to tailor the laboratory experience as desired. Then too many exercises may be performed as demonstrations rather than as student activities thereby shortening the time required to cover a particular concept.

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