

Spaced learning



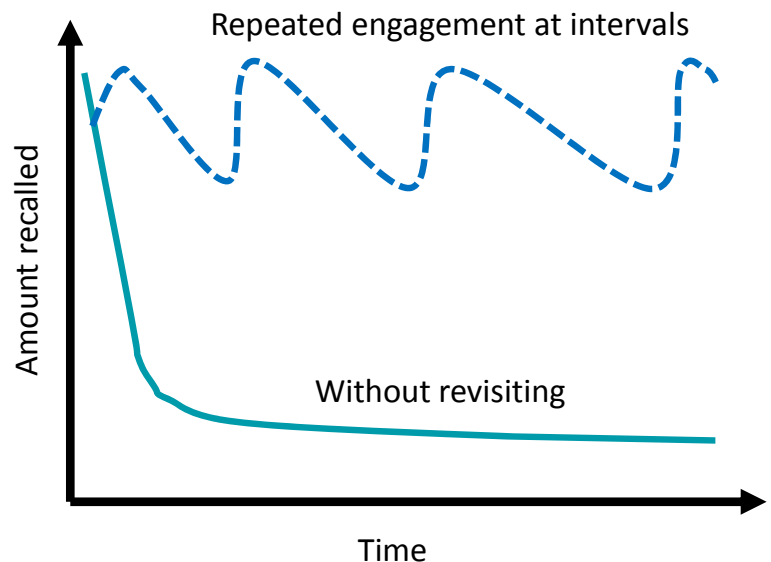
Studies have found that students are more successful if they study or practise skills in spaced sessions over a few weeks, compared to a long session crammed into one day.

- People who rely on cramming find they forget quickly.

Forgetting

We tend to forget most of what we have learned quite quickly and only retain a small percentage in the longer term - unless we actively revisit what we've learned. We tend to remember things that are significant or meaningful more accurately and for longer.

When learning a new key concept we need to think about it and process it a few times. When learning something new, we retrieve previously learned concepts and relate them to the new ideas.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning		Study		Study		Study	
afternoon	Study			Study	Study		
evening	Study	Study	Study	Study			Study

Make your study schedule look like a high school timetable with different periods of individual study split up and distributed throughout each week.



Dunlosky J, Rawson KA, Marsh EJ, Nathan MJ and Willingham DT (2013) What Works, What Doesn't in *Scientific American Mind* 24(4) September/October 2013, pp46-53.

Space, switch, revisit and test

- ✓ Space learning out over time to help you remember key ideas.
- ✓ Test yourself after a day or two to reinforce your learning and then leave a longer interval before reviewing the topic or concept again.
- ✓ Juxtaposing makes you notice differences and make comparisons.
- ✓ Aim to study in active ways – engaging with material and making study interesting rather than just rereading.
- ✓ Testing yourself is effective – it forces you to recall.