SPACE IT OUT

SPACED PRACTICE

THE HOPEFULL INSTITUTE



Three short sessions across a week beat one long session the night before.

WHY IT WORKS

Your brain starts forgetting new information within hours. Each time you come back to it, just as it is starting to fade, the memory returns stronger and lasts longer.

A review of more than 300 experiments found that spreading study out beat cramming the same amount of time into one sitting. Even if all you care about is tomorrow's test, spacing wins. Two short reviews earlier in the week beat two hours of cramming tonight.

HOW TO DO IT TONIGHT

1. Learn the topic today, and finish with a quick self-test.
2. Come back to it tomorrow for 15 minutes.
3. Review it again in three days, and then again in a week.
4. Write those review dates in your planner on the day you first learn the topic.

WAYS TO SPACE IT OUT

Use a planner
Mark a 1-day, 3-day and 7-day review next to each new topic.

Start early
Begin exam revision weeks out, so there is time to space it.

Short and often
Twenty minutes a day beats three hours on a Sunday.

Rotate subjects
Switch subjects each session so every one gets a turn.

Flashcard boxes
Move the cards you know into a box you check less often.

The Forgetting Curve
Our Forgetting Curve sheet shows how fast memories fade, and how reviews bring them back.

TRY THIS

Pick one topic you learned this week. Put a **15-minute review** in your planner for tomorrow, for three days' time and for next week.

The research: Cepeda, N. J. and colleagues (2006). Distributed practice in verbal recall tasks: A review and quantitative synthesis. *Psychological Bulletin*, volume 132, pages 354 to 380. Ebbinghaus, H. (1885). *Memory: A Contribution to Experimental Psychology*.