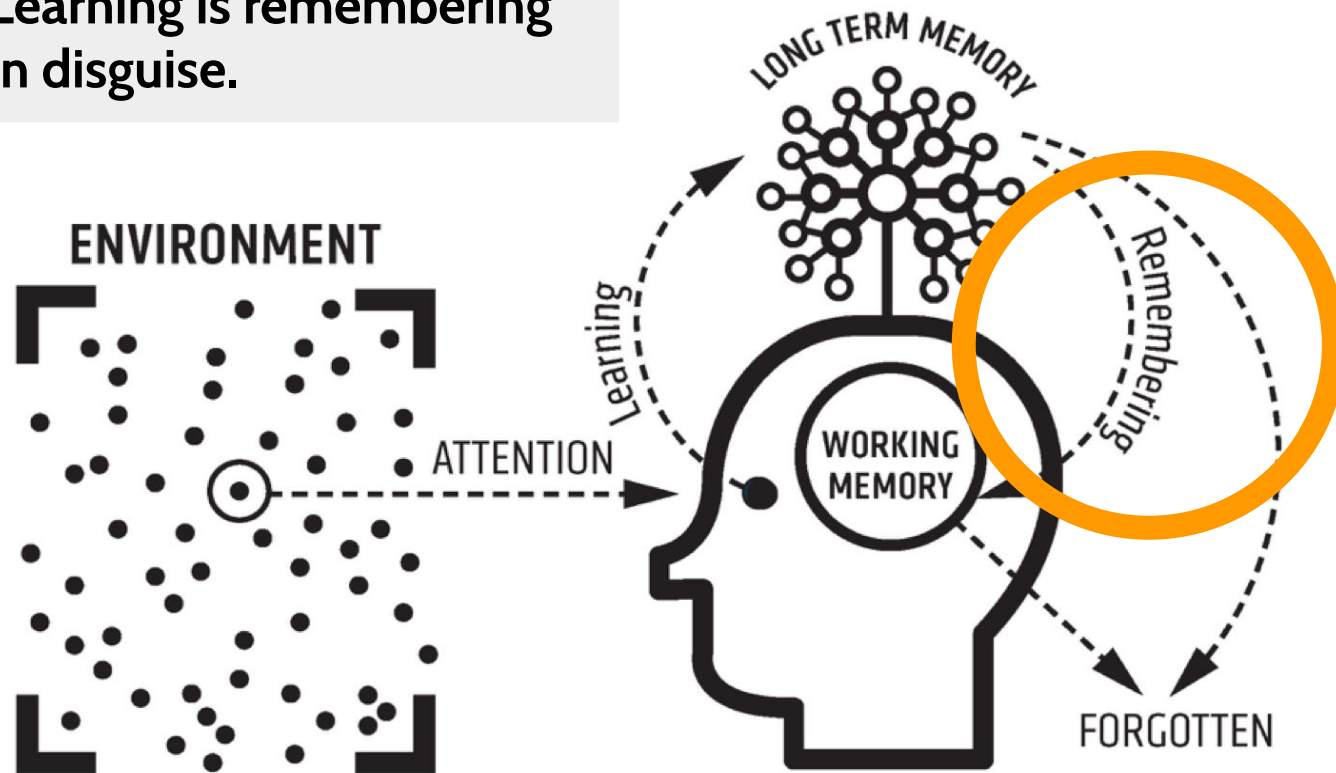


Thursday 17th March 2022

# SPACED PRACTICE



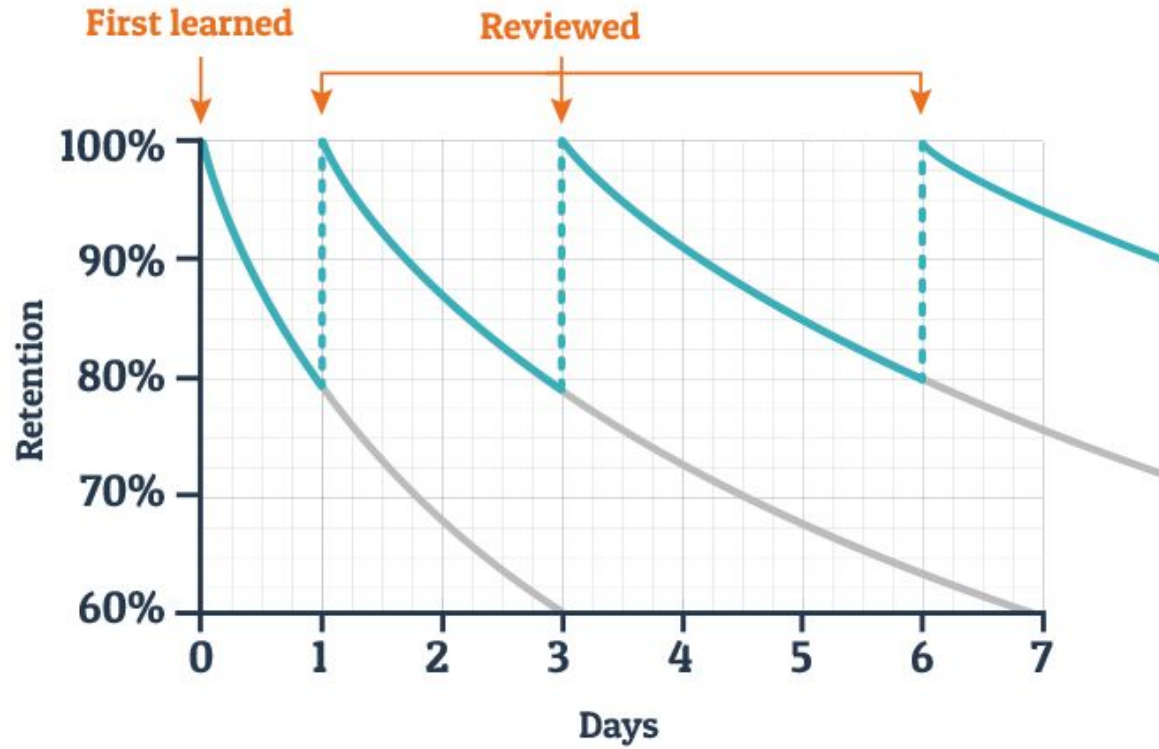
**Learning is remembering  
in disguise.**



REMEMBERING HAPPENS  
WHEN WE  
SUCCESSFULLY  
RETRIEVE INFORMATION  
FROM OUR LONG TERM  
MEMORY TO USE IN OUR  
WORKING MEMORY.

THE MORE WE PRACTICE  
REMEMBERING THINGS,  
THE BETTER WE GET AT  
IT.

# Typical Forgetting Curve for Newly Learned Information

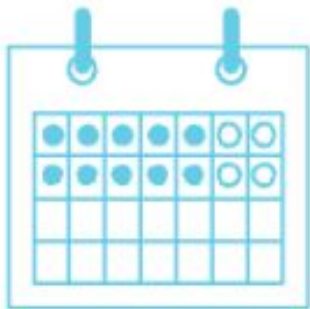


# What is spaced practice?

**Spaced practice is the exact opposite of cramming.** When you cram, you study for a long, intense period of time close to an exam. When you space your learning, you take that same amount of study time, and **spread it out** across a much longer period of time. Doing it this way, that same amount of study time will produce more long-lasting learning. For example, five hours spread out over two weeks is better than the same five hours right before the exam.

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.

M T W Th F Sa Su M T W Th F Sa Su

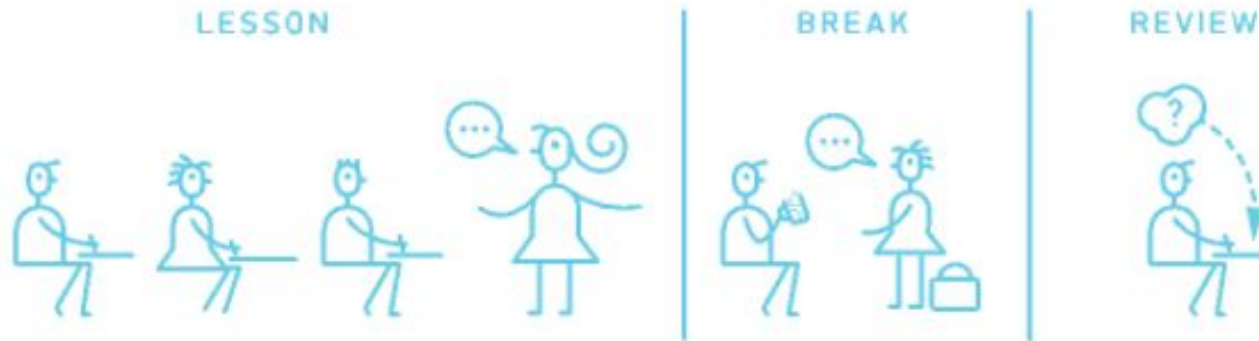


**CRAMMING DOES  
NOT BENEFIT LONG-  
TERM LEARNING.**

**BEWARE THE  
ILLUSION OF  
LEARNING!**

Review information from each class, but not immediately after class.

**PLAN THE SPACE,  
NOT JUST THE  
ACTIVITY.**



After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.



**FORGETTING IS  
ESSENTIAL TO  
REMEMBERING**

When you sit down to study, make sure you are using effective study strategies rather than just re-reading your class notes.



**SELF-TESTING**

**FLASH CARDS**

**SELF-EXPLAINING**

**MAPPING**

**EXAM PRACTICE**

**FEEDBACK**





**BUT... CRAMMING  
WORKS FOR ME!**

# Spaced practice is...

- Spacing, not cramming
- Allowing time to forget
- Using retrieval strategies
- Mixing old and new learning

ALL MATERIALS  
AND TEMPLATES  
WILL BE  
AVAILABLE  
THROUGH  
GOOGLE  
CLASSROOM