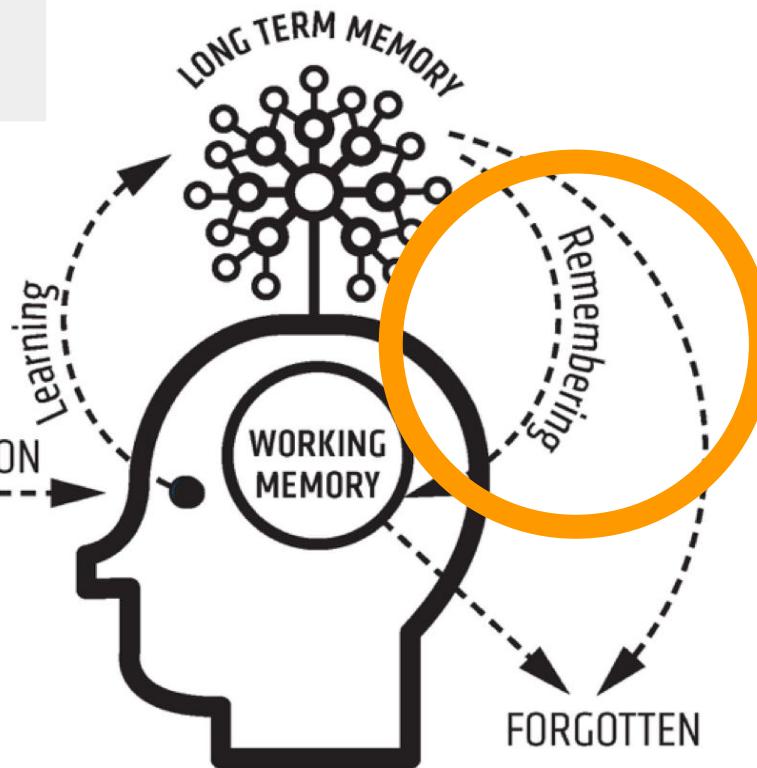
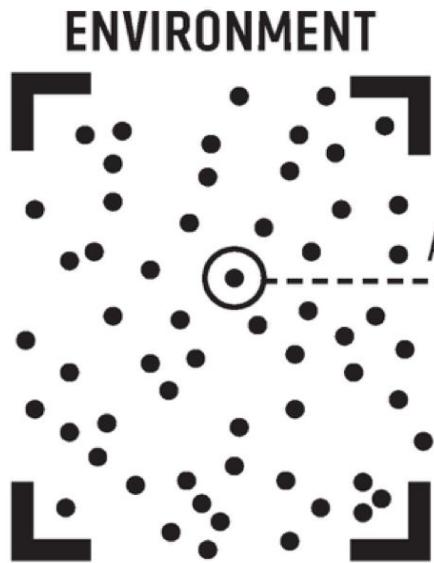


Thursday 17th March 2022

SPACED PRACTICE



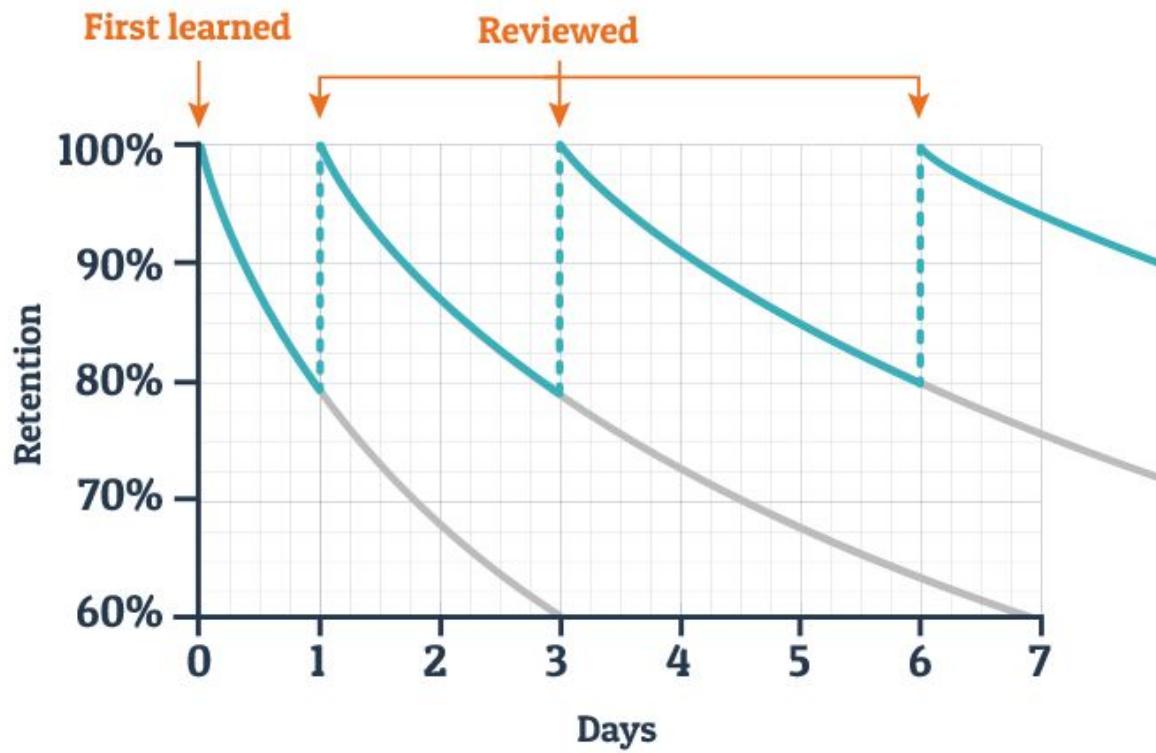
Learning is remembering in disguise.



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.

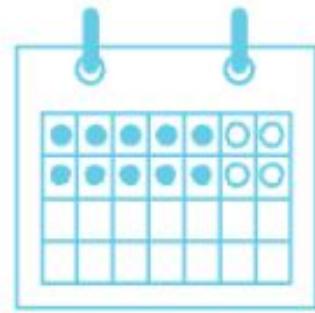
Typical Forgetting Curve for Newly Learned Information



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.

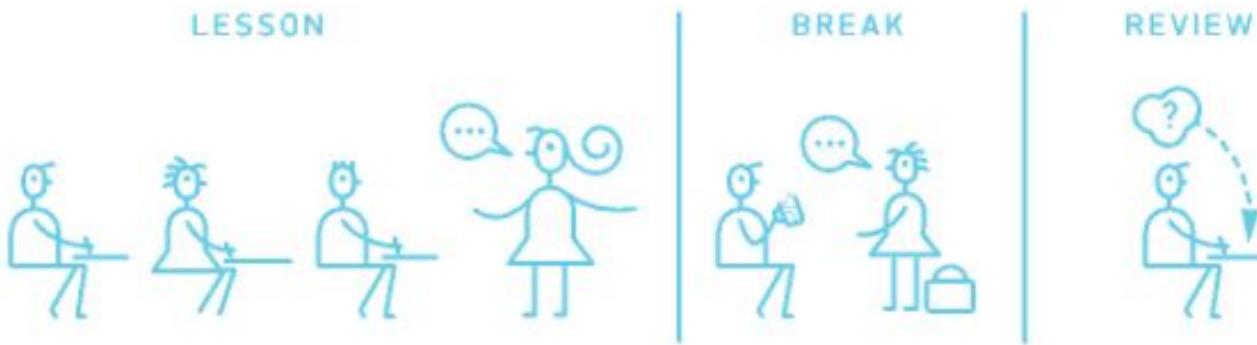


**CRAMMING DOES
NOT BENEFIT LONG-
TERM LEARNING.**

**BEWARE THE
ILLUSION OF
LEARNING!**

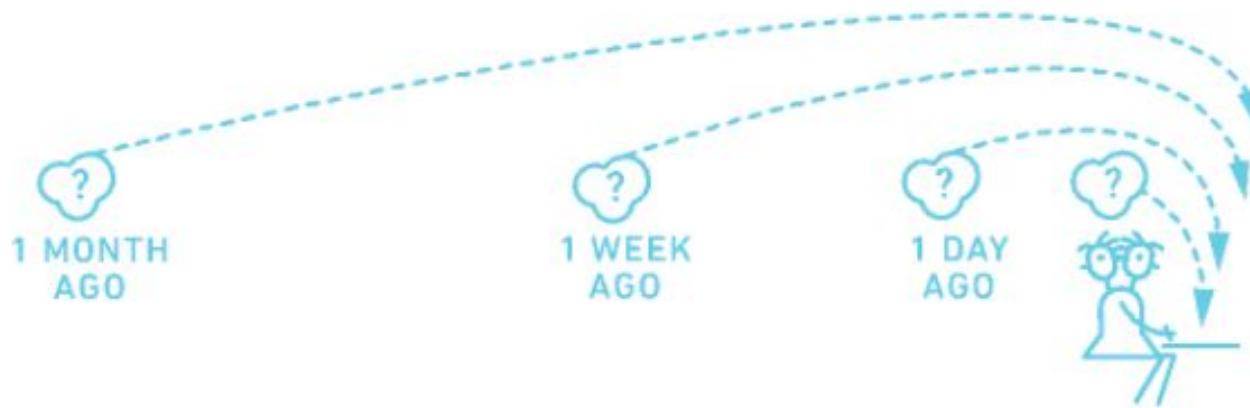
Review information from each class, but not immediately after class.

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

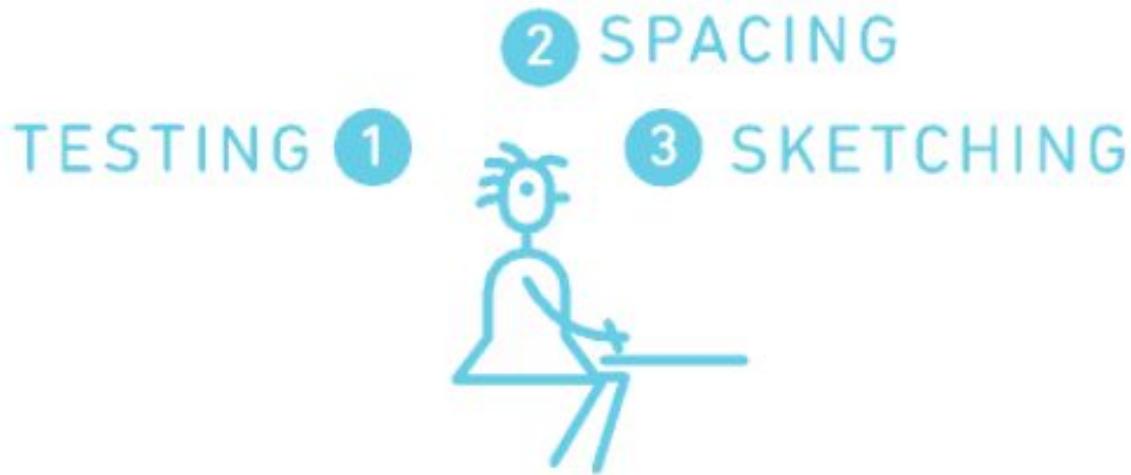


FORGETTING IS ESSENTIAL TO REMEMBERING

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



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!**

Whatever happens, we've got learning covered.

#TimHeolddu 

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