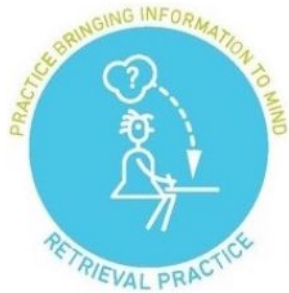
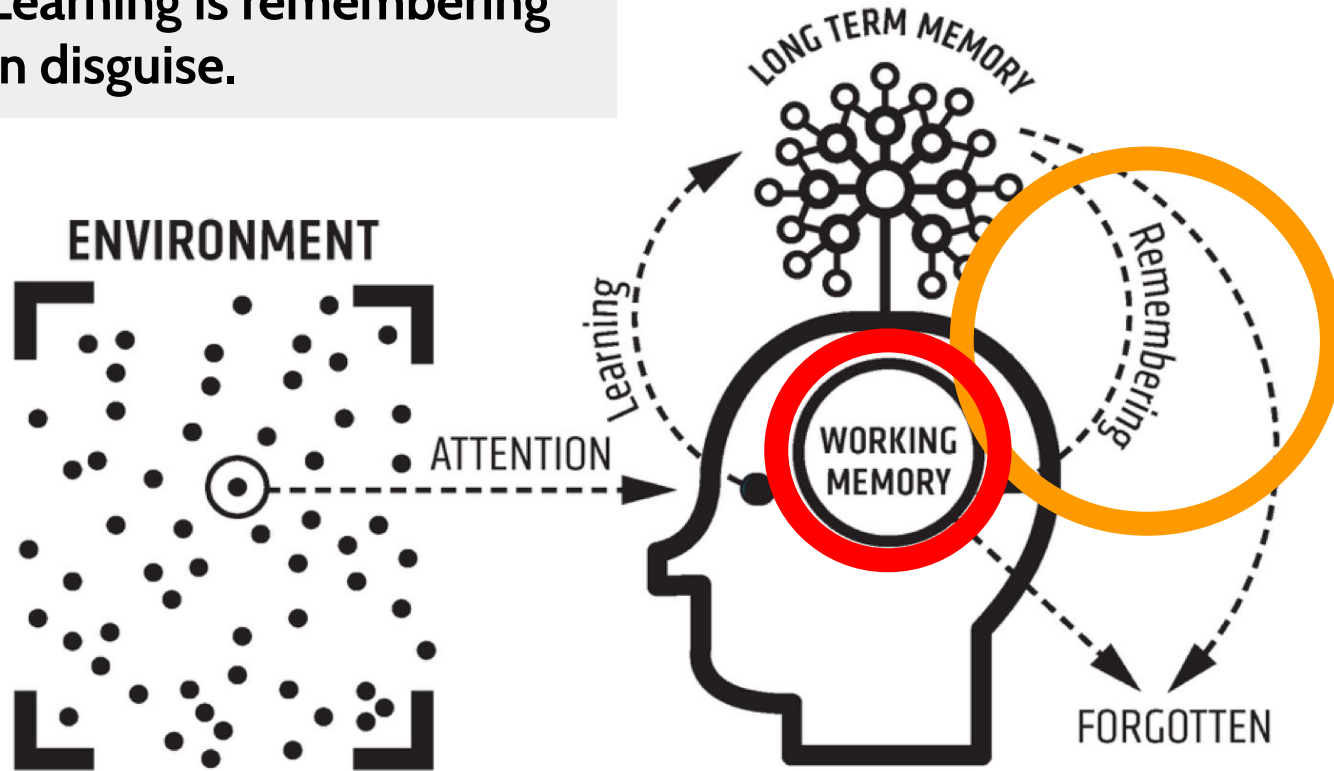


Thursday 31st March 2022

INTERLEAVING



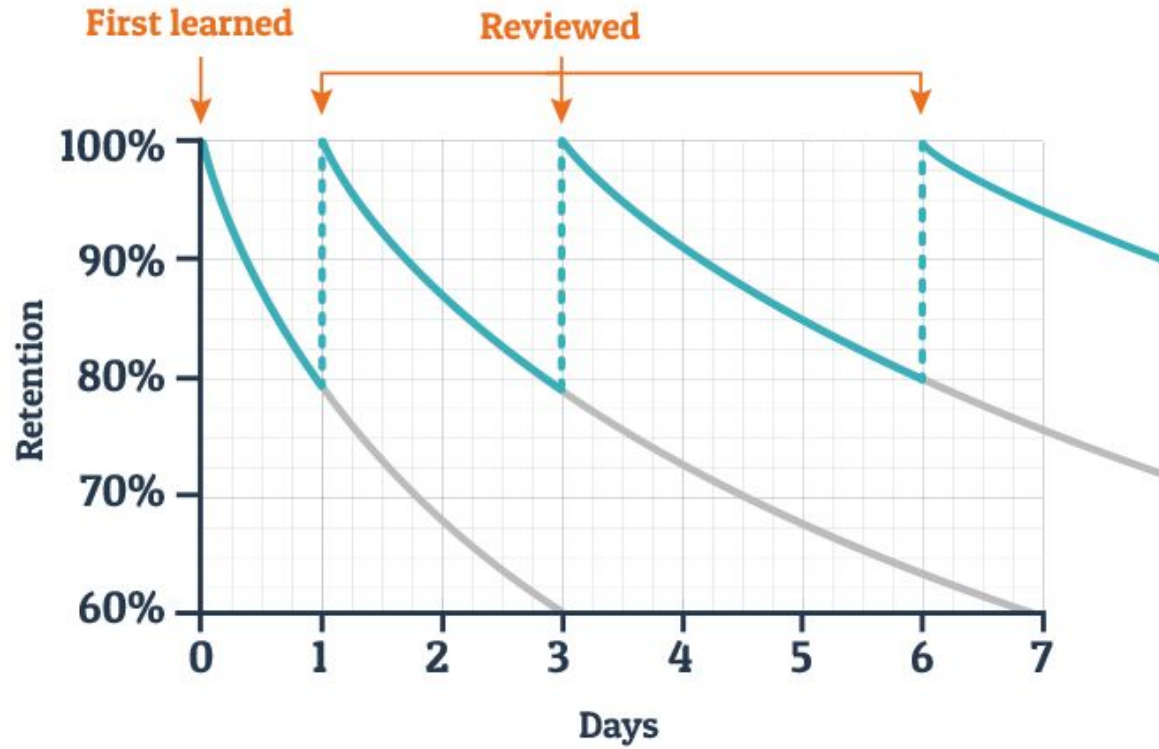
**Learning is remembering
in disguise.**



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 INTERLEAVING?

Elaboration involves **switching between ideas while you study.**

Research suggests that you shouldn't study one idea, topic, or type of problem for too long. Instead, you should change it up often.

Interleaving like this may seem harder than studying one type of material for a long time, but this is actually more helpful in the long run.



Switch between ideas during a study session. Don't study one idea for too long.

TOPIC

A



TOPIC

B



TOPIC

C



SWITCH IT UP

The key to interleaving is mix it up and not try to study all of the material at once.

Identify the individual but **related** ideas to be learnt within a topic.

Then, switch between the ideas in 30-40min bursts.

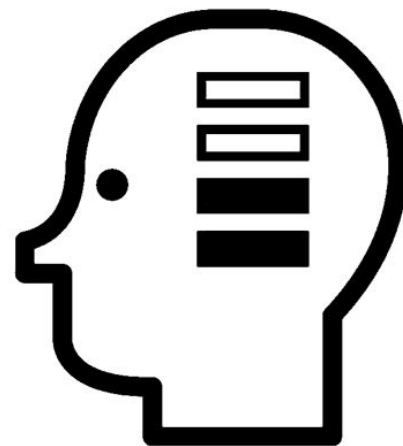
For example, instead of organising your revision week like this:

M	T	W	T	F
MACBETH	AN INSPECTOR CALLS	CREATIVE WRITING	UNSEEN POETRY	JEKYLL AND HYDE
MACBETH	AN INSPECTOR CALLS	CREATIVE WRITING	UNSEEN POETRY	JEKYLL AND HYDE
MACBETH	AN INSPECTOR CALLS	CREATIVE WRITING	UNSEEN POETRY	JEKYLL AND HYDE



A much more effective way of organising your revision would be like this:

M	T	W	T	F
MACBETH	UNSEEN POETRY	AN INSPECTOR CALLS	JEKYLL AND HYDE	CREATIVE WRITING
AN INSPECTOR CALLS	JEKYLL AND HYDE	CREATIVE WRITING	MACBETH	UNSEEN POETRY
CREATIVE WRITING	MACBETH	UNSEEN POETRY	AN INSPECTOR CALLS	JEKYLL AND HYDE



Make links between different ideas as you switch between them.



MAKE CONNECTIONS

As you switch, make connections between multiple ideas to-be-learned and explain how they work together.

A good way to do this is to take two ideas and think about ways they are similar and ways they are different.

Go back over the ideas again in different orders to strengthen your understanding.

TOPICS
A B C



STUDY
SESSION
1

TOPICS
C B A



STUDY
SESSION
2

TOPICS
A C B



STUDY
SESSION
3

DESIRABLE DIFFICULTY

To supercharge your revision, you must keep introducing difficulty in order to make it effortful.

In interleaving, this might be going back over the ideas again in a different order to strengthen your understanding.

While it's good to switch between ideas, don't switch too often, or spend too little time on any one idea; you need to make sure you understand them.

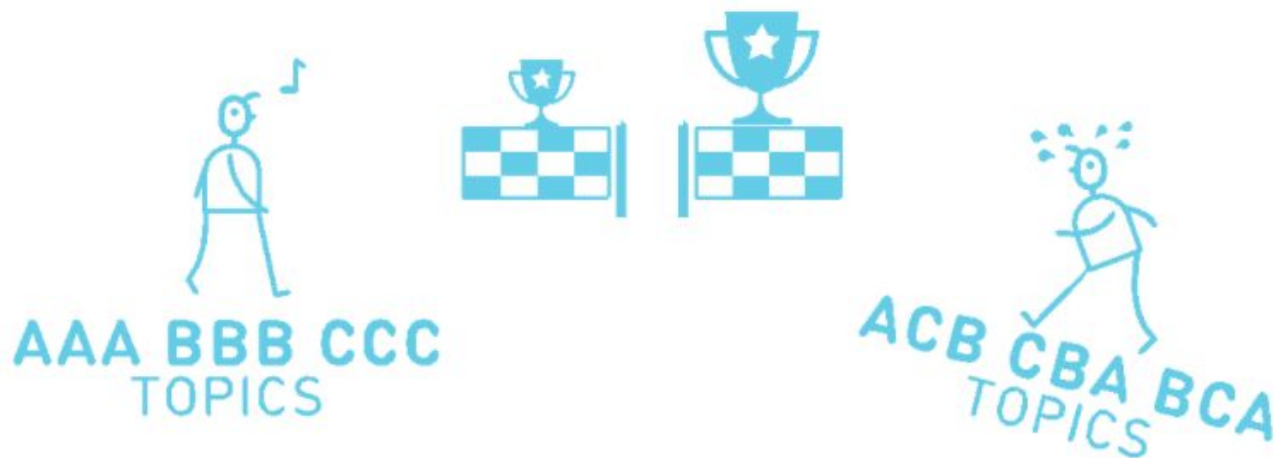


RIGOUR

While it's good to switch between ideas, don't switch too often, or spend too little time on any one idea; you need to make sure you've covered some ground before tackling a new idea.

Switching too often can start looking more like “multi-tasking”, and you definitely don't want to do that.

Interleaving will feel harder than studying the same thing for a long time. But don't worry - this is actually helpful to your learning!



**LEARNING
HAPPENS WHEN
PEOPLE THINK
HARD!**

Interleaving is...

- Switching between independent but related ideas
- Making **connections** to build deeper understanding.
- Best served **effortful** and **difficult**.

ALL MATERIALS
AND TEMPLATES
WILL BE
AVAILABLE
THROUGH
GOOGLE
CLASSROOM