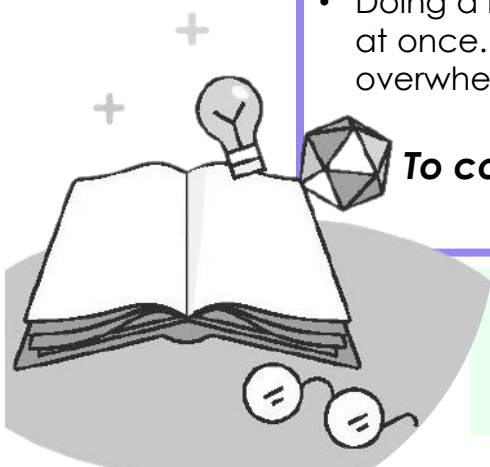# Revision Strategy 2: Spacing

What is Spacing?

- Spacing is regularly revisiting material so that you are doing little and often instead of all at once.

- Doing a little amount regularly is more effective than doing a lot all at once. We do this so that we don't get swamped and overwhelmed

To commit something to memory, it takes time and repetition.

WHY? This is because the time in between allows you to forget and re-learn the information, which cements it in your **long-term memory**

Optimum Spacing

- Research suggests there is an 'optimal gap' between revision sessions so you can retain the information.

- If the test is in a month, you should review the information around once a week. If the test is in a week, create time once a day.

Time to the test	Revision Gap
1 Week	1-2 days
1 Month	1 week
3 Months	2 weeks
6 Months	3 weeks
1 Year	1 month

Why use Spacing?

- Doing something little and often – spacing – beats doing it at once, or cramming
- The time in between revision allows you to forget and re-learn the information, which cements it in your long-term memory
- It cements information into your long-term memory
- We can learn more information over time than in one longer session
- It helps you revise more efficiently

Using spacing and flash cards

1. Accurately answered flashcards move into the next compartment.
2. When the compartment gets higher the longer the repetition break is.
3. Flashcards that are incorrectly answered are moved back to the 1st
4. The idea is that when you know the information well, the less frequently you encounter them to make room for new information.

Correctly answered cards

1 2 3 4 5

Incorrectly answered cards
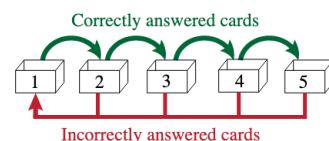
Flash card top tips

- The most effective flashcards include one question followed by one answer (or one term followed by one definition).
- Don't force your brain to remember a complex and wordy answer. It's easier for your brain to process simpler information so split up your longer questions into smaller, simpler ones.
- You will end up with more flashcards this way but your learning will be a lot more effective.

Front

How tall is Mount Everest?

Back

8,848 metres above sea level