Session 3 - Interleaving

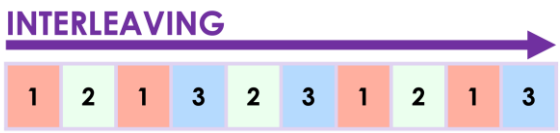
What is it?

- Interleaving is the process of mixing up the order of topics that you learn.
- This helps you make connections and choose the best strategy when solving problems.
- It allows you to think about what you are doing with your time when you are revising.

Blocking Vs Interleaving

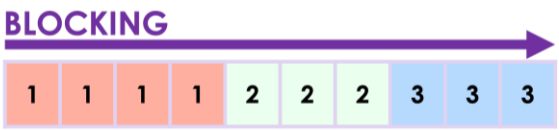
Interleaving

Interleaving consists of students switching between topics whilst revising in order to improve their learning. The reason behind this is that it helps students make connections between topics and forces them to think harder about which strategies need to be applied to which problems. Both of these things help improve later recall, especially in the long-term.



Blocking

Blocked study, on the other hand, involves studying a topic in its entirety before moving on to another. A great example of blocking your revision is what sadly typically happens the night before a test. Some students cram all of their studying into a few hours and go over their notes for an entire module at once. Many students believe this is useful, with one survey reporting that 99% of students admit to cramming.



Benefits of interleaving

- Each time you revise information, it **strengthens your memory recall**
- By revisiting material from each topic several times, in short bursts, this **increases the amount of information you can recall in your exams**.

Applying interleaving to your revision

1. Break units down into small chunks and split these over a few days rather than revising one whole topic all at once.

2. Decide on the key topics you need to learn for each subject.

3. Create a revision timetable to organise your time and space your learning.

Focus on quality and **not** quantity. Short, targeted bursts are more *effective*.