# **Revision Strategy 2: Spacing**

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

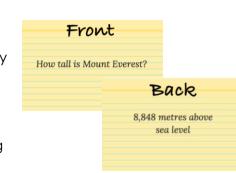
- Doing something little and often spacing beats doing it at once, or cramming
- The time in between revision allows you to forget and re-learn the information, which cements it in your long-term memory
- It cements information into your long-term memory
- We can learn more information over time than 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.
- Flashcards that are incorrectly answered are moved back to the 1<sup>st</sup>
- Incorrectly answered cards 4. The idea is that when you know the information well, the less frequently you encounter them to make room for new information.

## 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.



Correctly answered cards