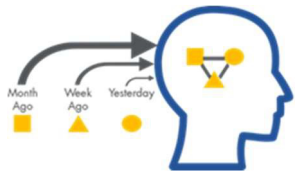
Study Strategy #3 - Space It

Spaced Practice: Gaps between study builds understanding

A LEARNER'S TOOLKIT
Efficient, Effective Study

What is it?

Retrieval over time requires effort to remember past content/concepts. The addition of effort aids the construction of the connection between concepts/ideas, which, in turn, aids future recall.



The length of time between retrieval affects the duration of future recall. For **term-based exams,** the optimal spacing time is **10 days**. For **year-long exams,** the optimal spacing time is **5-6 weeks.**

Spacing Formula = Number of Days util Test

x 15% (or .15)

Study Strategies that Employ Space Practice

Exemplar study strategies that use Spaced Practice are:

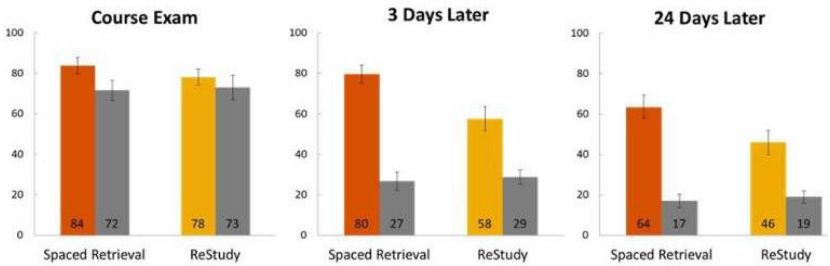
1. **Lucky Dip:** Flick to five random pages from a text or exercise book that you have been studying. What are three details on each page that help to develop your understanding? Take notes to consolidate your thoughts.
2. **Brain Dump:** Retrieval of everything you know about a topic of study that is written/drawn in a certain length of time (to cause EFFORT). Like a test, create a visual map of your understanding to show linkages between concepts.
3. **Spiral Back 1-page Summary:** Great for subjects like Biology, the Humanities and English/Literature, when you try to remember key definitions, details, facts and ideas of the current topic.

Best Subjects to Apply Spaced Practice

Mathematics Languages Sciences Music Humanities

What is the evidence of its impact?

Rawson, Dunlosky & Sciartelli (2013) found that Spaced Retrieval (Red) students outperformed those who restudied (Yellow) or used their own technique (Grey).



Kornell (2009) found that spaced study is a more efficient strategy than massed study. Students who used spaced study techniques (in this case through Flashcards) out-performed those who crammed by approximately 74%