

# Study Strategy #4 - Jumble It

## Interleaving: Changing the order of study of what you study

### What is it?

Interleaving works against cramming/massing by jumbling the order of what is studied

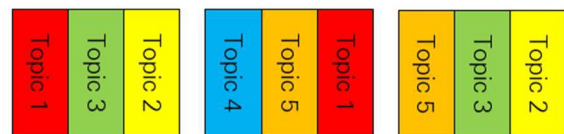
Changing the order of study requires multiple processing strategies to see the links, similarities, and differences between concepts. Interleaving can scaffold the practice of problem-solving processes or strategies. By changing up the order of problems/questions, it helps students choose not just what to do, but how to choose an applicable strategy and when.

A B C    C A B

#### Blocking



#### Interleaving



### Study Strategies that Employ Interleaving

Exemplar study strategies that use Interleaving are:

1. **Flash Cards:** Engage 'active recall', which creates strong neuron connections by creating multiple memory-enhancing recall. The added benefit of feedback (the answer on the back of the card) evokes self-reflection.
2. **Retrieval Roulette:** A simple Excel program that uses a list of questions and answers to generate a random quiz. You can set it to ask questions from any point in the course and questions from the current topic.
3. **Online Quizzes:** Many online quiz generators allow you to randomize the order of questions and the difficulty. Online quizzes also self-mark providing real-time feedback.

### Best Subjects to Apply Spaced Practice

All Subjects

### What is the evidence of its impact?

Taylor and Rohrer (2010) solved different types of math problems through blocked and interleaving practice. The results showed that blocked practice initially produced better performance. However, a day later, this difference reversed; the group that learned with interleaved practise showed greater retention

