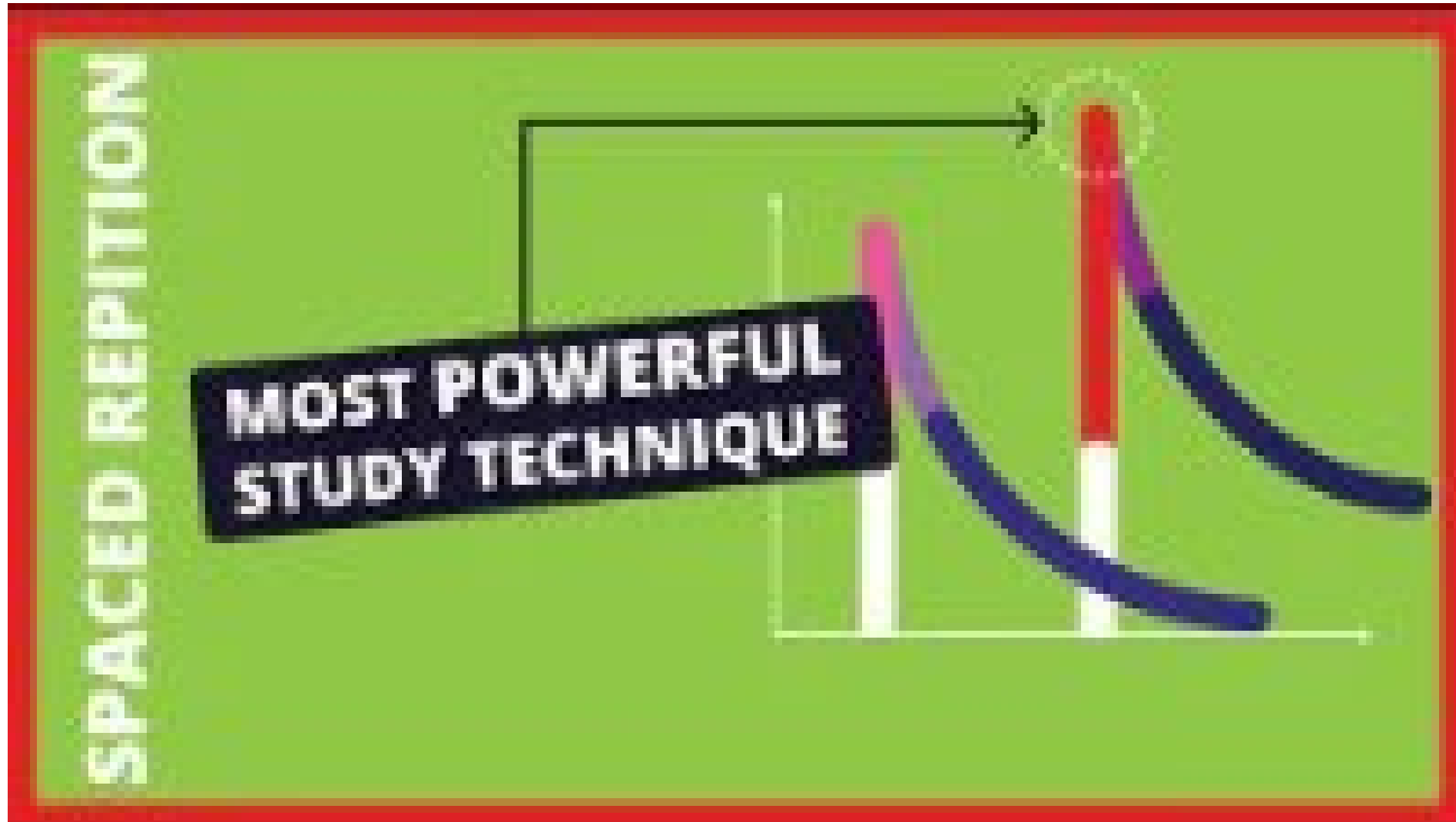




Spaced Learning

[Spaced Repetition: The most powerful study technique](https://www.youtube.com/watch?v=-uMMRjrzPmE&t=144s)

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The Spacing effect

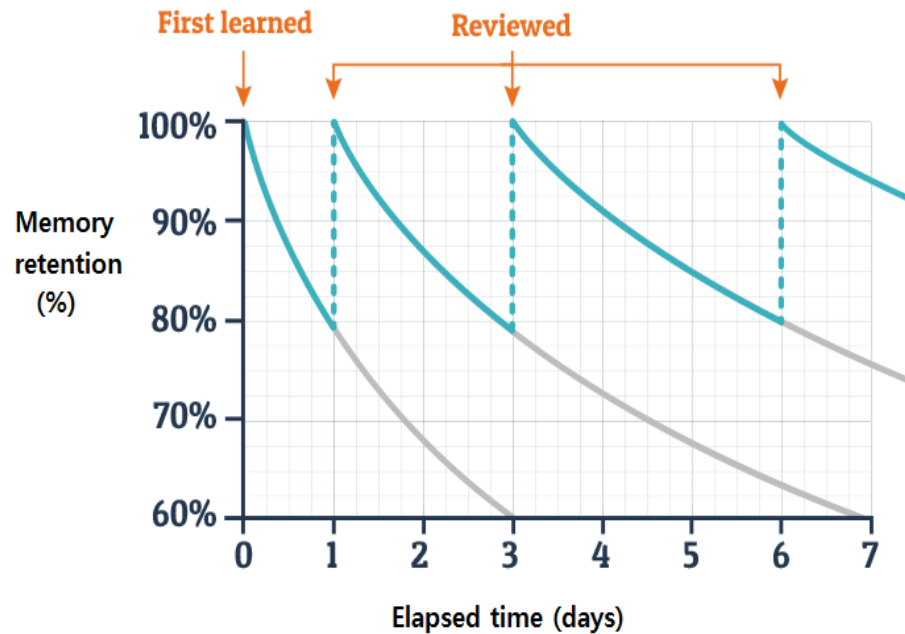


Figure 1: The forgetting curve and review cycle (Ebbinghaus, 1885)

Reviewing information at particular intervals, not just at the end of a study cycle, allows for recall of a greater percentage of the information with a higher level of accuracy.





Integrating into study

- Setting up a study planner that allows for information to be revisited at different intervals will help keep the study on track
 - Start early, reduce cognitive load as content load increases.
 - Allocating subjects specific times
- Continuous, quick, retrieval practice allows for the learning to be spaced and with faster recall the study will be more effective





Spaced Repetition Time Intervals

Simplified optimal intervals:

- First repetition: 1 day.
- Second repetition: 7 days.
- Third repetition: 16 days.
- Fourth repetition: 35 days.

(Wozniac, 1991-2021)

Optimal gap for study based on time to test:

Time to Test	First Study Gap
1 Week	1-2 Days
1 Month	1 Week
3 Months	2 Weeks
6 Months	3 Weeks
1 Year	1 Month

(Carey 2015)