

# Summary: Spacing

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

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**

**To commit something to memory, it takes time and repetition.**

## 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.

## Why use Spacing?

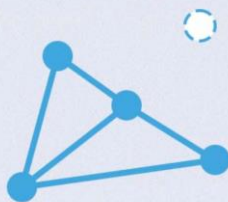
- Doing something little and often – spacing – beats doing it at once, or cramming
- The time in between revision allows you to forget and re-learn the information, which cements it in your long-term memory
- It cements information into your long-term memory
- We can learn more information over time than in one longer session
- It helps you revise more efficiently

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

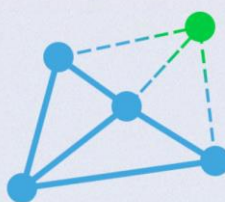
# Retrieval

“ Retrieval practice is defined by **Mark Enser** as 'retrieving something from our memories to make it easier to recall in future.' If using it makes recall easier, surely this is a big win for learning and the progress of our students. ”

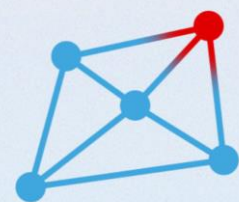
1. Identifies gaps in knowledge



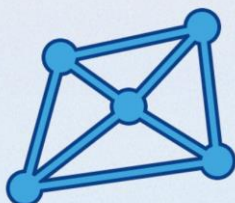
2. Makes connections



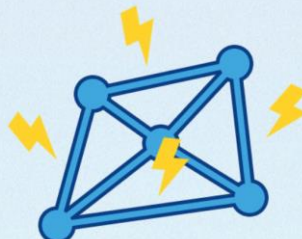
3. Checks for misunderstandings



4. Strengthens connections



5. Makes connections robust under pressure and stress



6. Makes it easier to learn new things

