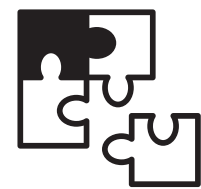
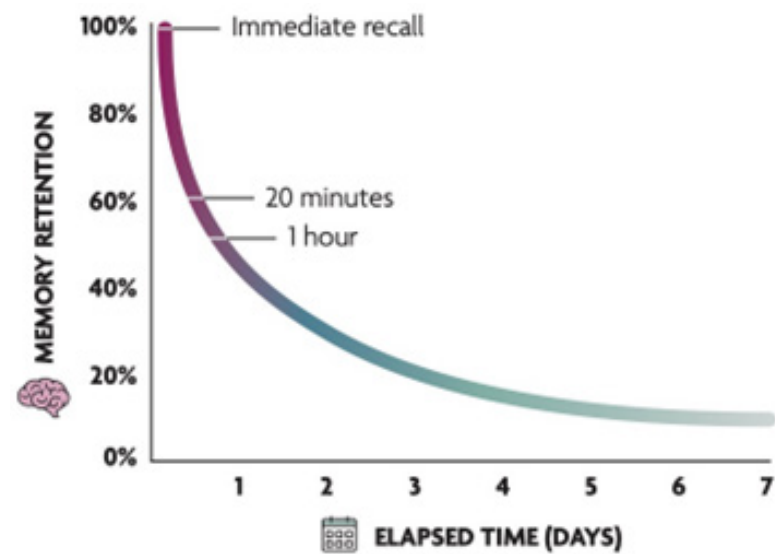


Interleaving



The Forgetting Curve

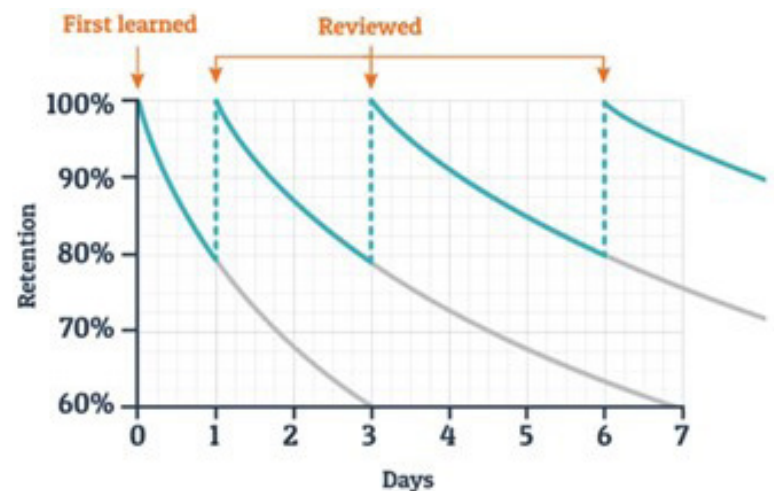
This curve demonstrates how information you learn is lost over time if there is no attempt to review or re-learn. Other factors that affect memory include: memory strength; how meaningful the material is; and physiological factors such as stress.



<https://organisingstudents.com.au/2021/07/the-forgetting-curve/>

Improving Your Memory

Studies have shown that spacing your study will help you memorise information. The time when forgetfulness occurs is immediately after the class, on the evening of the class, the next day, the next week, the next month, and so on. Thus, it is suggested that your review content as follows: right after the lesson, the evening of the lesson, one week later, and one month later. These repeated reviews will help you retain information over the long term.



Ebbinghaus' forgetting curve and review cycle.

https://www.researchgate.net/figure/Ebbinghaus-forgetting-curve-and-review-cycle_fig1_324816198

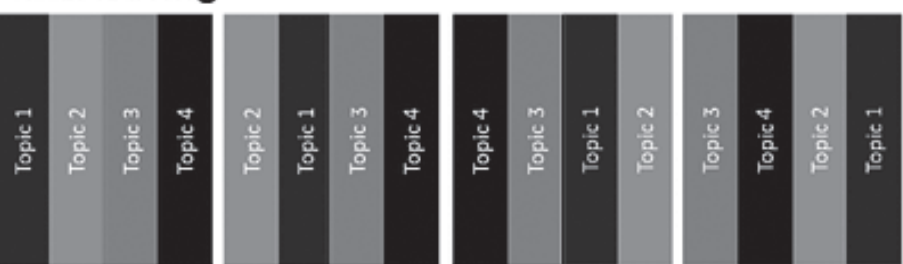
Interleaving

Research shows that if you jumble up your topics while studying, this creates a 'desirable difficulty,' making your memory of that content even stronger!

Blocking



Interleaving



<https://blog.innerdrive.co.uk/why-interleaving-works>

Task

Use the planner on the next page to plan your study routine.
You may consider using Chat GPT to assist in this task.