

NILE TUITION ACADEMY

Excellence in Spaced Repetition Tuition

niletuitionacademy.co.uk

Spaced Repetition

Beat the forgetting curve · Study Skills

Spaced Repetition

Study Skills

15 entries

Spaced repetition spreads your revision over time so things actually stick. Here is the idea, the evidence, and a schedule you can follow.

The idea

Spread it out	Instead of one long cramming session, split the same topic into short sessions on different days. The gaps between sessions are what make the learning last.
Recall, do not reread	At each session, close the book and try to write down or say what you remember first. Pulling the answer out of your head is far stronger than reading it again.
Space, then test	Spaced repetition works best paired with self testing. The space tells you when to revise; the test (a question, a past paper, flashcards) is how you revise.

The forgetting curve

You forget fast at first	Ebbinghaus showed that after learning something new, you lose most of it within a day or two if you never look at it again. Forgetting is steep and quick.
Each review flattens it	Every time you successfully recall a fact, the curve resets and drops more slowly afterwards. So the second review buys you more days than the first did.
Review just before you forget	The best moment to revise is when a memory is starting to fade but is not gone. Recalling it then forces effort, and that effort is what strengthens it.

How to do it

Break work into small chunks	Turn each topic into a handful of specific questions or flashcards. Small pieces are easier to schedule and easier to test honestly.
Sort cards by confidence	After testing a card, judge how well you knew it. Cards you nailed go to the back of the queue; cards you fumbled come back sooner.
Mix topics in one session	Shuffle questions from several subjects rather than blocking them. Switching between topics is harder, and that difficulty improves how well you remember each one.
Let an app track the dates	Tools like Anki handle the timing for you and push each card further out as you get it right. If you prefer paper, use a box of cards split into dated sections.

A sample schedule

Plan five touches per topic	A solid pattern for a new topic is day 1, day 3, day 7, day 16 and day 35. Each gap is longer than the last because the memory is getting sturdier.
Reset the gap if you slip	If you blank on a card, do not panic. Revise it now and bring it back the next day, then stretch the gaps out again once it sticks.
Start at least five weeks out	To fit all five reviews before an exam, begin a topic about five or six weeks ahead. Topics you find hard deserve an earlier start and tighter gaps.

Common mistakes

Rereading and calling it revision

Highlighting and rereading feel productive but barely move long term memory. If you have not tried to recall without looking, you have not really revised.

Cramming the night before

A single late session can get you through tomorrow, but most of it is gone by the following week. Cramming and spacing are not the same tool.