

LEARN TO STUDY EFFECTIVELY USING: INTERLEAVING

SWITCH BETWEEN IDEAS WHILE YOU STUDY

HOW TO DO IT

TOPIC



TOPIC



TOPIC



Start with one topic for one part of your study session then switch to another topic for another part of your study session.

Throughout the week ensure you re-engage with prior material and integrate it into your study session.

TOPICS

A B C



STUDY
SESSION
1

TOPICS

C B A



STUDY
SESSION
2

TOPICS

A C B

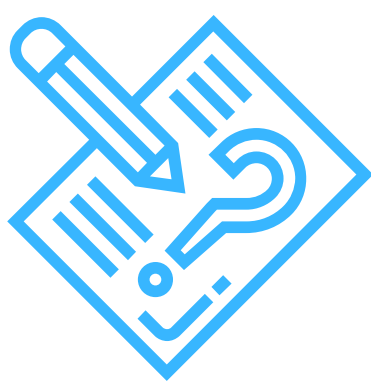


STUDY
SESSION
3

Interleaving is more difficult because you are switching between different schemata and concepts thus strengthening the connections between concepts.

The more you practice interleaving the more connections you will make for deeper applicational understanding.

APPLYING IT TO MED SCHOOL: A PRACTICAL EXAMPLE

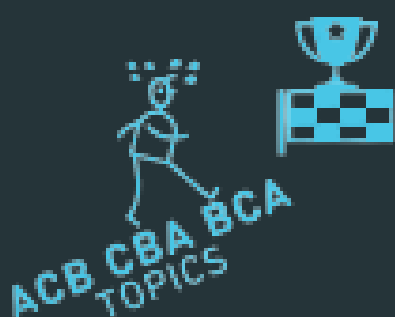


Consider the following of why interleaving is practical:

Exam questions are not chunked in any particular order- it will often require you to shift focus between different concepts and disciplines such as genetics, pharmacology, histology, pathology, anatomy, and physiology. Interleaving will help you more efficiently switch and prime retrieval despite the change in concept.

How to successfully approach exam preparation using interleaving:

During one study session you may focus on the ANKI deck for a genetics lecture. Then during another session you may focus on an ANKI deck for pharmacology. During your last study session for the day try to mix flashcards, practice questions, or content review of the different topics together or mix up the order in which you do review each topic.



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