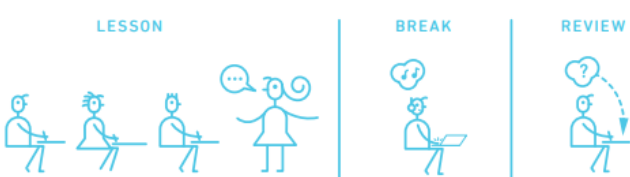


LEARN TO STUDY EFFECTIVELY USING: TIME SPACE REPETITION

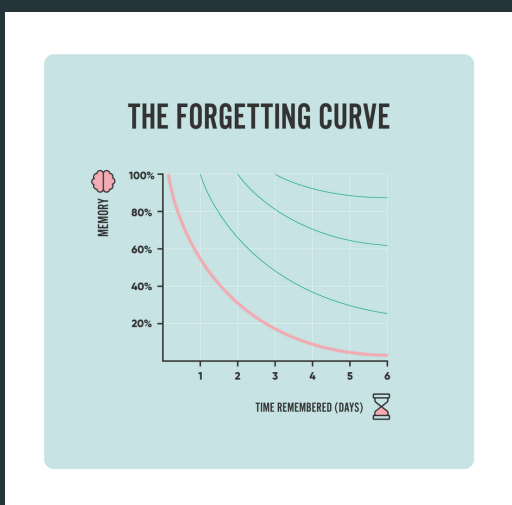
SPACE OUT YOUR STUDYING OVER TIME

HOW TO DO IT



Review after lecture to ensure the material is fresh.

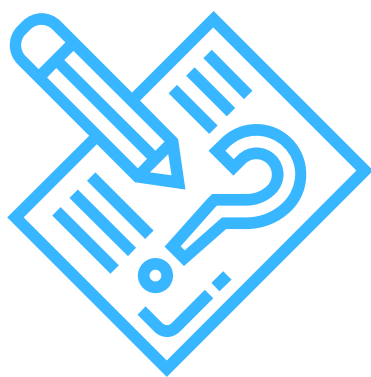
Time Spaced Repetition ensures you review and revisit older material over a designated period of time.



Generally follow the 2x2x2 Rule. For Example- Reviewing and self testing after lecture, then the day after, then two days after that, etc.

It will be difficult initially. However, the more you space out your practice and actively retrieve older information the less likely you are to forget it.

APPLYING IT TO MED SCHOOL: A PRACTICAL EXAMPLE



Considering the following in preparation for an exam:

You will want to identify how much time you need to adequately prepare for an exam.

Note that you do not need to review all topics in one session- rather find a way to chunk like ideas together and use time spaced repetition scheduling to organize on what days you will review each topic.

How to successfully approach exam preparation with time spaced repetition:

First day- Content Review with Self Test/Recall (ANKI Cards or Writing Down the Answers to Learning Objectives)

Second Day- Content Review with Self Test/Recall

Fourth Day- Content Review with Self Test/Recall

Eighth Day- Content Review with Self Test/Recall

Day Prior to the Exam: Self testing the material that you have not retained



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