

Study Skills

Spaced Practice

Spaced Practice:

Studying in small amounts spread out over a week or two instead of cramming.

Cramming can work for a single test, but it does not lead to actual learning and/or recall.¹

5 hours of studying over two weeks is better than 5 hours the night before an exam.

Your week might look like this:

M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su
10	11	12	13	14	15	16	17	18	19	20	21	22	23

M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su
24	25	26	27	28	29	30	31	1	2	3	4	5	6

Lesson: lecture class during which you take notes (see Cornell Note Taking Method sheet for one option).

Study: does not mean read your notes over again. Use the 10 minutes after class to fill in any missing information, mark info that's unclear to you, or mark info that needs to be rearranged later.

During your longer study sessions, utilize specific study skills (see the other Study Skills info sheets for more ideas), and make an appointment with a tutor or your professor to get clarification on any confusing info.

¹ Winerman, Lea. 2011. "Study Smart." <https://www.apa.org>, 2011. <https://www.apa.org/gradpsych/2011/11/study-smart>.
All other information on this handout was adapted from: <http://ctl.wustl.edu/learningcenter/wp-content/uploads/sites/2/2020/11/All-Color-Posters.pdf> and "How to Make Note Taking More Effective" handout.