

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
Lesson w/ Note Taking + 10 min. of Study	45-60 Min. Study	Lesson w/ Note Taking + 10 min. of Study	45-60 Min. Study	Lesson w/ Note Taking + 10 min. of Study	45-60 Min. Study	45-60 Min. Study	Lesson w/ Note Taking + 10 min. of Study	45-60 Min. Study	Lesson w/ Note Taking + 10 min. of Study	45-60 Min. Study	Lesson w/ Note Taking + 10 min. of Study	45-60 Min. Study	45-60 Min. Study

M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su
45-60 Min. Study	Lesson w/ Note Taking + 10 min. of Study	45-60 Min. Study	Lesson w/ Note Taking + 10 min. of Study	45-60 Min. Study	45-60 Min. Study	45-60 Min. Study	45-60 Min. Study	Lesson w/ Note Taking + 10 min. of Study	45-60 Min. Study	Lesson w/ Note Taking + 10 min. of Study	45-60 Min. Study	45-60 Min. Study	45-60 Min. Study

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.

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Lay out your week based on the outline from the previous page.

Step 1: Fill in your class days and times

The days are split very basically into morning, afternoon, and evening

This gives you flexibility to write in your selected times for studying

Step 2: Note when you will do your post-class 10-15 minutes of checking your notes

Step 3: Based on the idea from the previous page, fill in when you will do 1 hour of review for classes from the previous day.

Step 4: If you have a class that routinely assigns work - readings, worksheets, etc. Set aside times to do those. Remember, Spaced Practice is studying-specific, it does not include homework or extra studying for tests and/or quizzes.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
AM	AM	AM	AM	AM	AM	AM
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening	Evening	Evening	Evening

