

# FORGETTING . . . THE ENEMY OF REVISION?

Ebbinghaus and Spacing

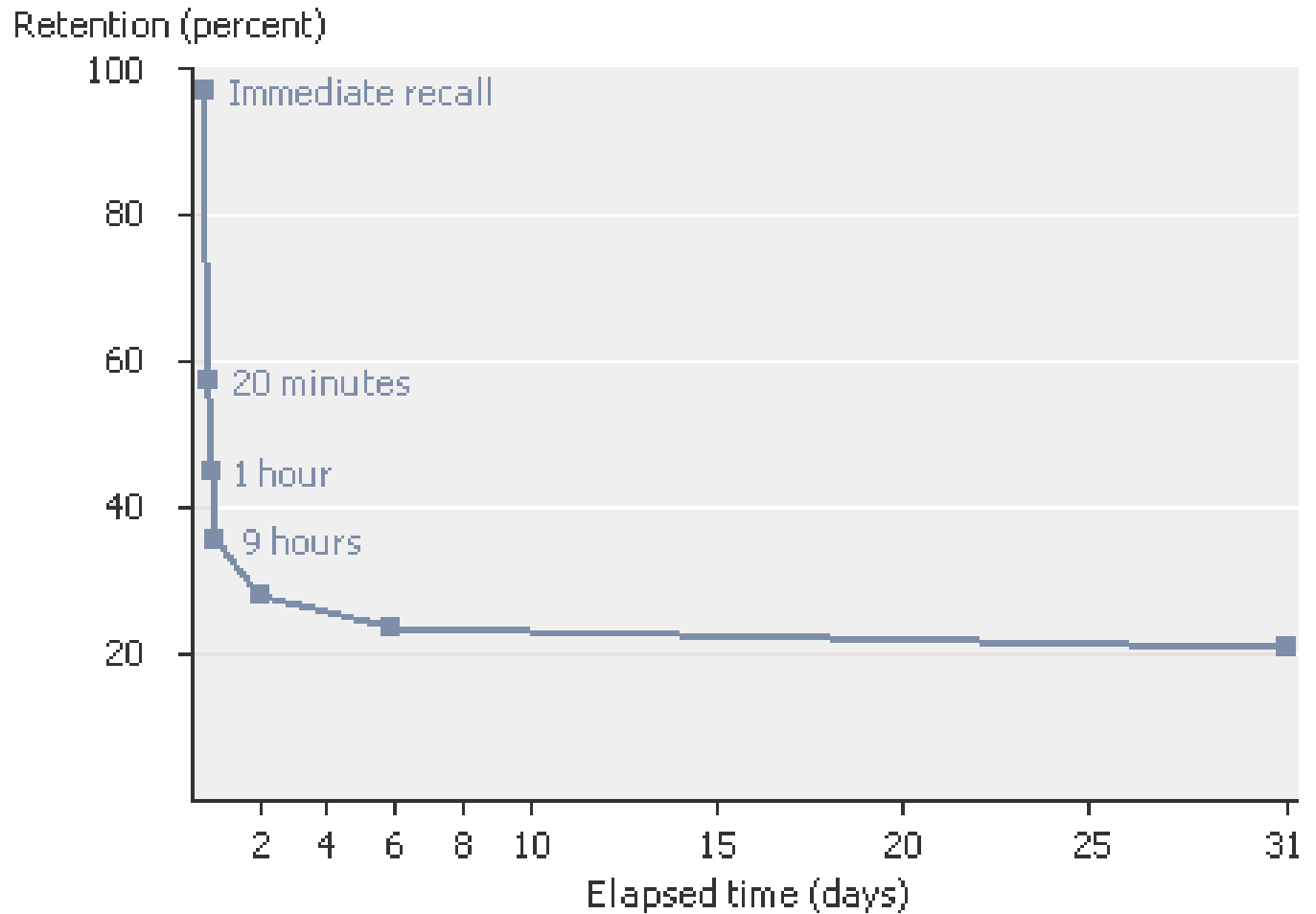


# EBBINGHAUS

## Watch:

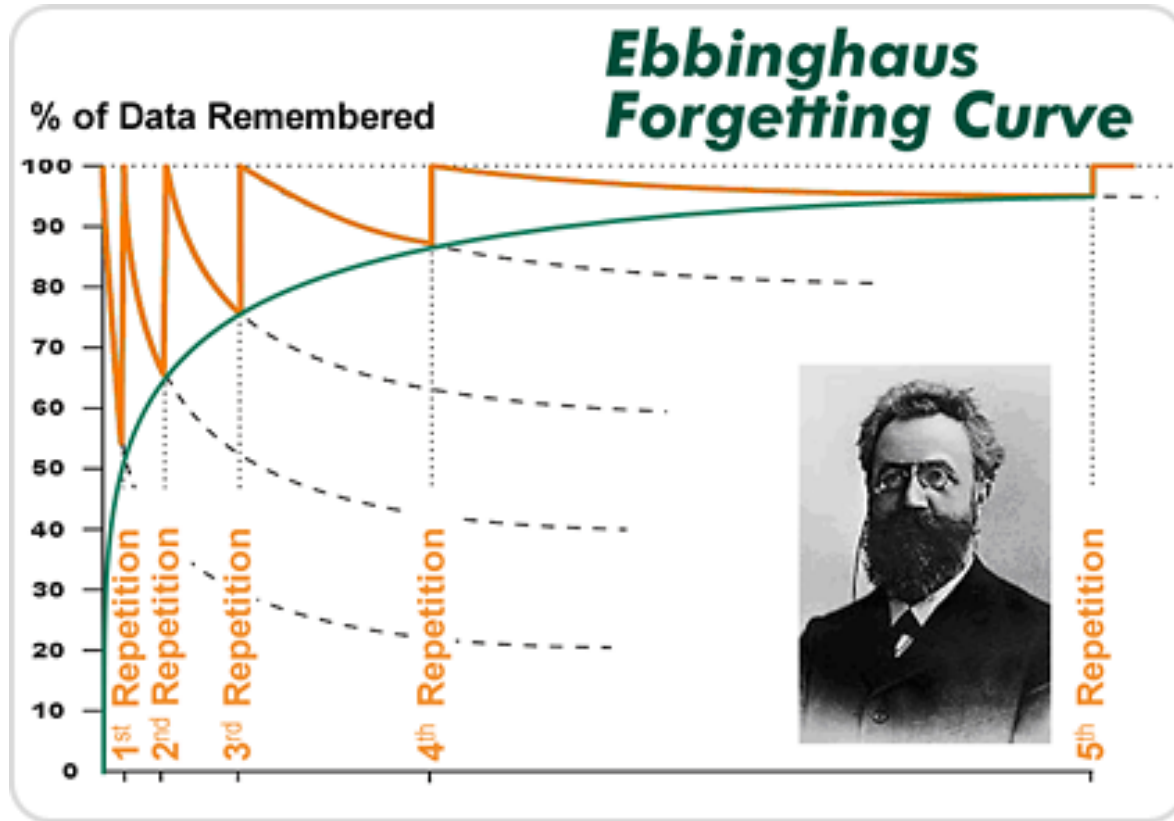
- <https://www.youtube.com/watch?v=SCsQHe-NpaM>
- A German Psychologist
- A key player in understanding how we learn and forget things

# THE CURVE

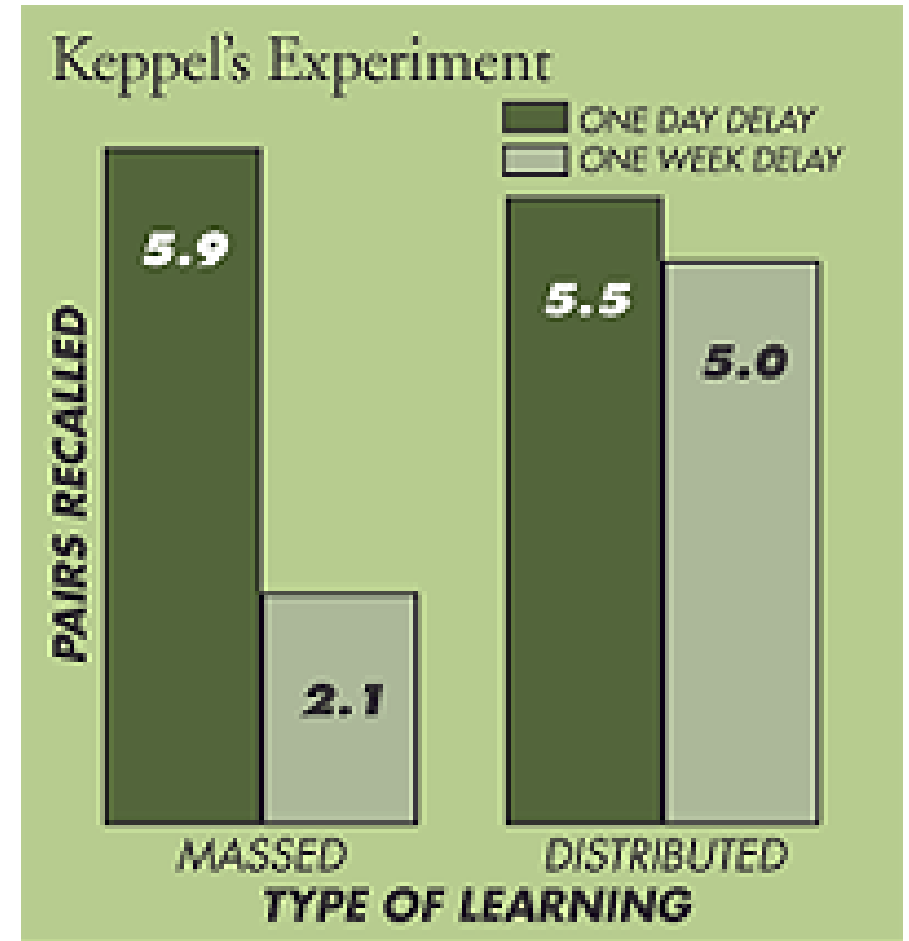


Source: Hermann Ebbinghaus, *Memory: A Contribution to Experimental Psychology*, 1885/1913

# WORKING TO OVER COME IT



The more repetition (practice), the more likely information is to be remembered later.



# SPACING

- The Learning Scientists
- <https://www.youtube.com/watch?v=3WJYp98eys8>

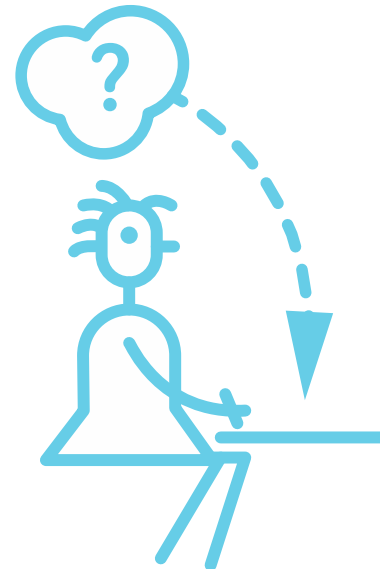
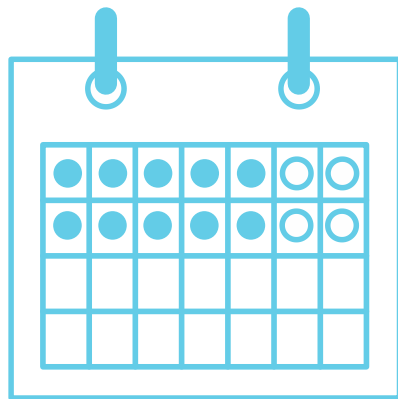


# Spaced Practice

## HOW TO DO IT

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.

M T W Th F Sa Su M T W Th F Sa Su



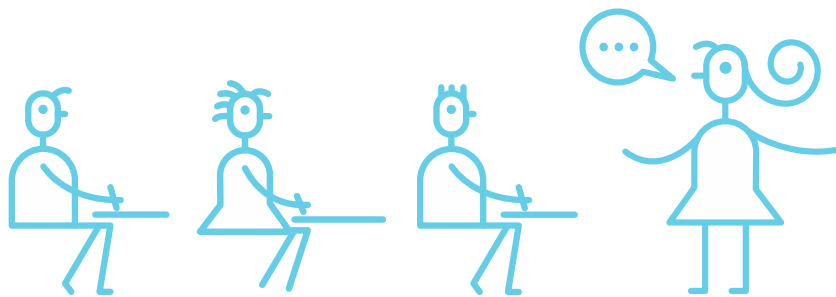


# Spaced Practice

## HOW TO DO IT

Review information from each class, but not immediately after class.

### LESSON



### BREAK



### REVIEW





# Spaced Practice

## HOW TO DO IT

After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.



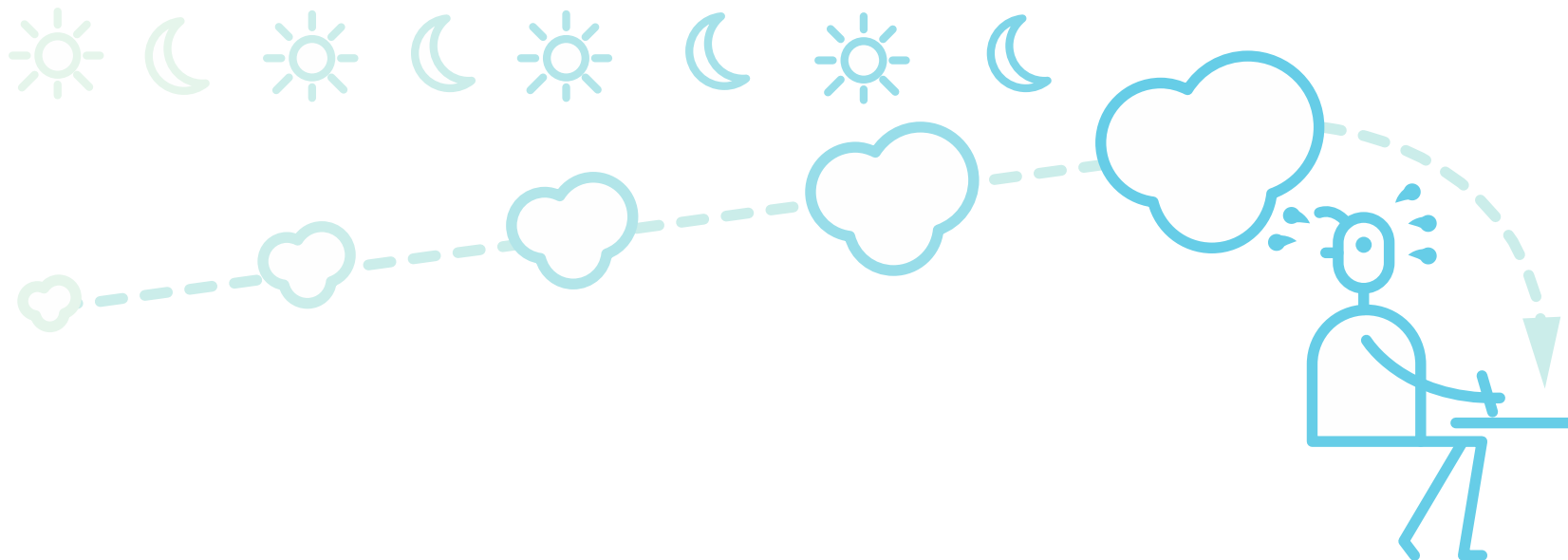




# Spaced Practice

## HOLD ON

This may seem difficult and you may forget some information from day to day, but this is actually a good thing! This forces you to retrieve information from memory.

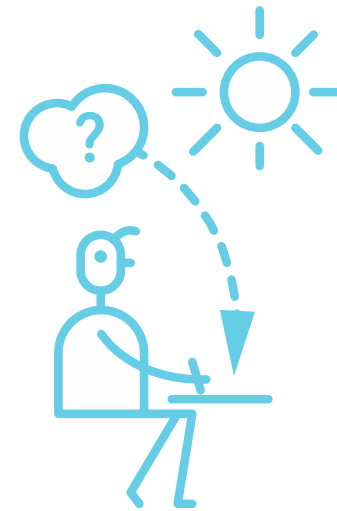
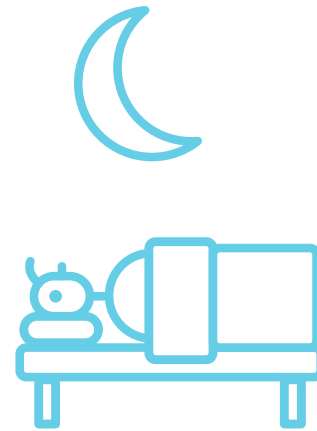
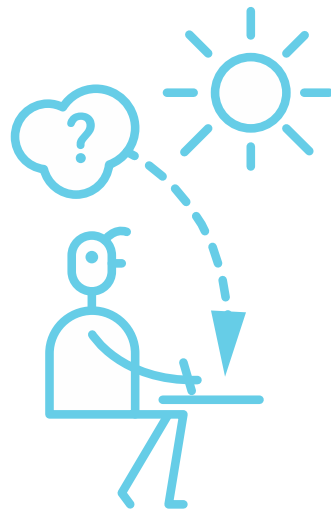




# Spaced Practice

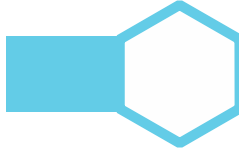
HOLD ON

Create small spaces (a few days) and do a little bit over time, so that it adds up!





# Spaced Practice



## RESEARCH

Read more about spacing as a study strategy



Spacing your study

<http://www.learningscientists.org/blog/2016/4/12-1>



Spacing in teaching practice.

<http://www.learningscientists.org/blog/2016/4/12-1>



Benjamin, A. S., & Tullis, J. (2010) What makes distributed practice effective? *Cognitive Psychology*, 61, 228-247.

