

Spaced Learning

How to use it:

1. PLAN: Create a plan early and spend some time each day completing it.
2. REVIEW: Come back and look at the information another day!
3. REPEAT: Review a few times. It's okay if you forgot something, just go back again!
4. BE CREATIVE: Study in different ways to avoid boredom!
5. TAKE BREAKS: Space out your studying over several days, but also make sure to take breaks every 20 minutes or so.
6. GET HELP: Work with a tutor if you need to! They can help you work ahead so you'll be extra ready!



Why should we use it?

Cramming and last-minute learning means...

Tasks take longer to finish.

You'll retain information in the short-term only.

You might lose sleep.

Click [here](#) to learn more!

Information adapted from [Pacific Learning Academy](#).