

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!

Cramming and last-minute learning means...

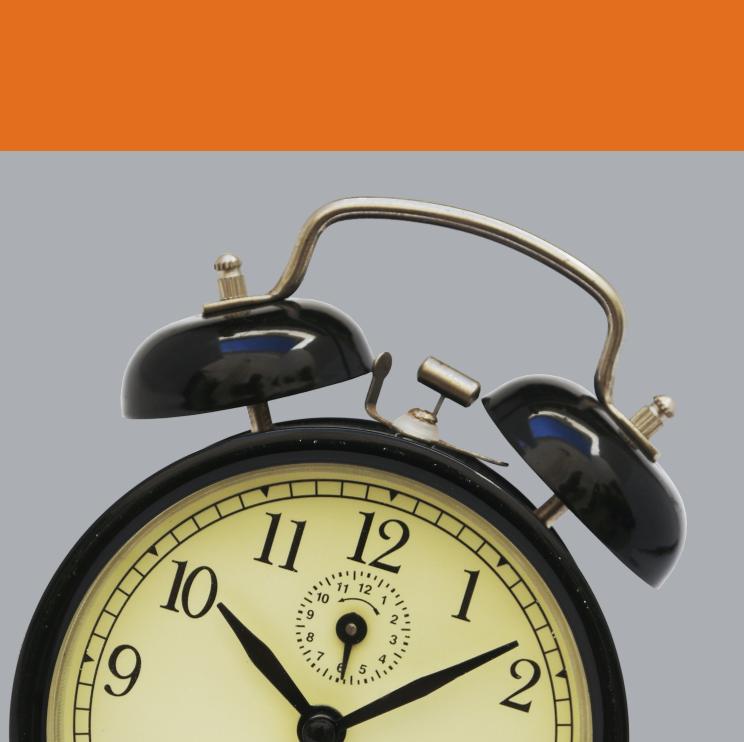
Tasks
take longer
to finish.

You'll retain

information in

the short-term only.

You might lose sleep



Click <u>here</u>
to learn
more!

Information adapted from Pacific Learning Academy.