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Interleaving



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Watch these short videos to learn what Interleaving is

[\(2194\) Interleaved Learning \(Brain Hack\) - YouTube](#)



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Interleaving is where you learn one than one topic at the same time – often linking the two or three topics, for example in mathematics Pythagoras and Trigonometry are topics which often can be in the same questions

Blocked practice is where you learn one topic thoroughly before moving onto the next topic

Research has shown that interleaving is much more effective than blocked practice and produces much higher results



Blocked practice

**Skill
1**

**Skill
2**

**Skill
3**

Interleaving

1

2

3

1

2

3

1

2

3

The **Do's** and **Don'ts** of Interleaving

by @Inner_Drive | innerdrive.co.uk

Don't: Interleave subjects instead of topics



Don't: Interleave too many topics



Don't: Leave too long between interleaving sessions





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The following is an example of a *blocked* study schedule, where you focus on one topic at a time, and finish studying that topic before moving on to the next one:

AAAABBBBCCCC

If you decide to interleave these topics, you might then decide to mix them so that you only spend a short amount of time on each topic, before moving on to the next one, in a systematic manner. This is represented by the following study schedule:

ABCABCABCABC



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• **In the case of history**, you can mix up the history of different countries. For example, instead of simply learning about the full history of each country at a time, you can interleave different parts of history from each country, based on a common theme, such as their actions during a specific time period.

• **In the case of physics**, you can mix up the types of calculations that are needed to solve practice questions. For example, instead of working on only one type of calculation at a time, you can interleave questions that require different types of calculations, in a way that makes it necessary to be able to actively figure out which type of calculation should be used to solve any given question

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Interleaving is better preparation for exams and tests

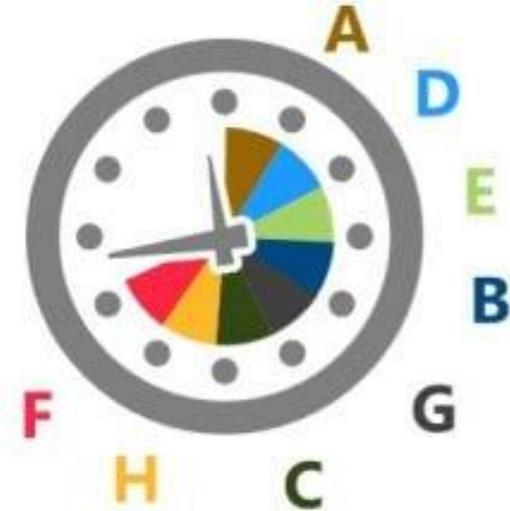
Typical problem sheets have long blocks of the same problem type



Interleaving offers a useful "halfway house" during training



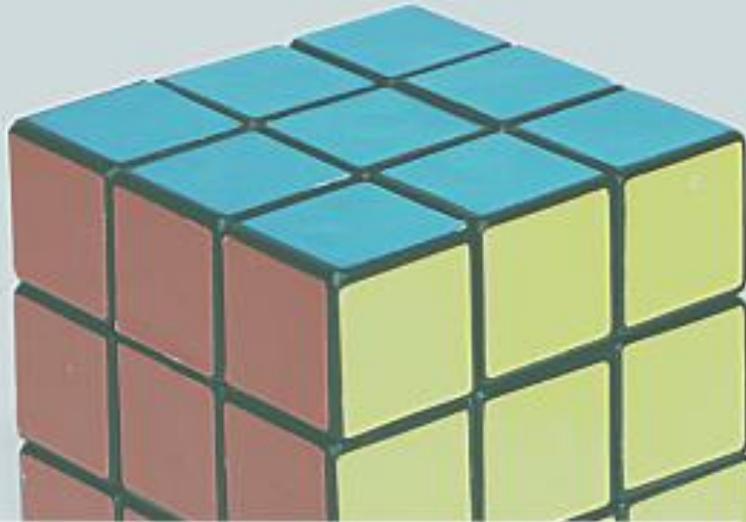
When exams mix up lots of problem types together, it's more challenging





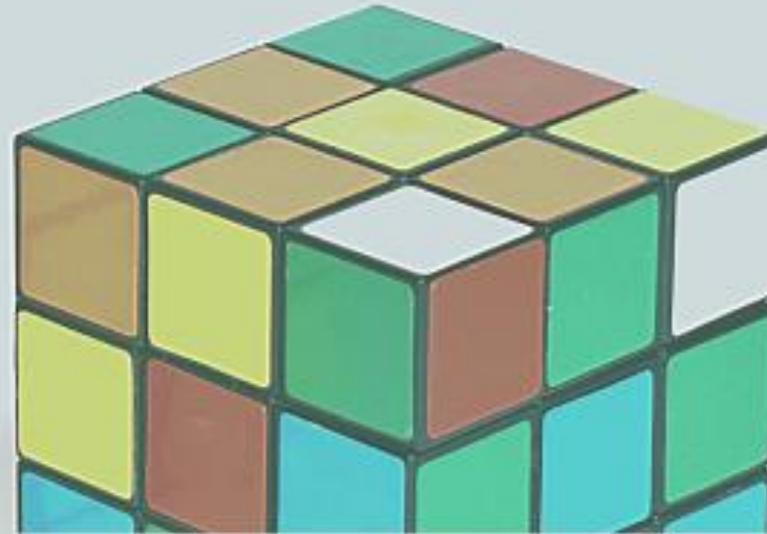
Interleaved Practice

(Couldn't they come up with a better name?)



Blocked Practice

Focus on one thing at a time. Seems to make practice easier and more systematic but how are the long-term results?



Interleaved Practice

Change the order of your practice pieces more frequently and in random order. Makes practice more challenging but how are the long-term results?





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Summary

Interleaving helps you make connections between different topics – often very useful when you have to link arguments in a question, or use two or more different skills within a question.

