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Spacing



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Click the link below to watch a video on Spacing

[\(2198\) Spaced Practice A Video for Students - YouTube](#)



The 'Spacing Effect' is one of the longest and most enduring findings in cognitive psychology.

humans tend to forget large amounts of information if they only learn something once.

Spacing means doing little and often, instead of a lot all at once.

This is an effective technique, as it allows time for the material to be forgotten and re-learned. This process allows someone to cement it into their long-term memory.

Spaced Repetition



Day 1

Day 3

Day 10



What does the Research say?

Using spacing instead of cramming has resulted in a 10% to 30% difference in final test results.

This finding has been found throughout a range of tasks, including remembering key words, random facts or solving maths problems.

One such study found that those who spaced out their revision scored higher on average (74%) than students who crammed their revision (49%).



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To commit something to memory, it takes time and repetition.

Essentially, when you are revising, it is far more effective **to do 1 hour a day for 7 days than it is to do 7 hours in one day.**

The nearer it gets to an exam, the more often you will need to return to the material.

This is something for you to carefully consider when doing revision timetables, as it is not just the 'what' that matters, but the 'when' as well.

