

# What is 'Spaced Review'?

**Spaced Review** is an approach to learning and studying that incorporates familiarizing yourself with material before class, reviewing material after class and using regular cumulative review on weekends to synthesize and integrate material. By using spaced review, you will be able to begin learning and understanding material while it is fresh in your mind, to build a broad conceptual framework before you attempt to memorize details and to prioritize and focus your time and energy on material that is particularly challenging and difficult rather than on what you already know.

In order for spaced review to be effective, it must be done consistently, include both preparing for and reviewing information presented in class and incorporate active study methods such as quizzing to determine what you don't know before you begin to study.

In general, a spaced review might look something like this:

Before class (~30 minutes)

- Prepare for lecture by scanning terminology, relating subheadings to headings, explaining charts and diagrams and developing questions about things you don't know or don't understand.

Immediately after class (and we mean really immediately, ~ 5 minutes)

- Complete a five minute 'recap'
- Mark important information
- Make notes about what you need to review
- Get clarification on confusing information

After class (that evening, ~1hour)

- Begin quizzing – find out what you don't know (you can use objectives for this)
- Begin answering/addressing what you don't know
- Begin integrating information from text with information presented in class (and clinical)
- Figure out what you still don't understand
- Begin preparing for the next day's class

At the end of the week (~2 hours)

- Integrate information from across lectures
- Quiz – objectives, figures/diagrams, prepared quizzes
- Focus on the concepts that you don't understand or that are still giving you difficulty

See other side for more →

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## Spaced Review Timeline: Weekly Study Schedule

TASK	METHODS	TOOLS AND RESOURCES
<b>Class Preparation</b>	<ul style="list-style-type: none"> <li>• Relate headings and subheadings</li> <li>• Become familiar with terminology</li> <li>• Explain figures, charts and diagrams and relate to headings and subheadings</li> <li>• Develop questions about unclear or confusing material</li> </ul>	<ul style="list-style-type: none"> <li>• Textbooks</li> <li>• Class notes</li> </ul>
<b>Active Learning in Lecture</b>	<ul style="list-style-type: none"> <li>• Identify key concepts and topics</li> <li>• Listen for answer to questions developed while previewing</li> <li>• Write new information in margins of class notes</li> </ul>	
<b>Recap &amp; Review</b>	<ul style="list-style-type: none"> <li>• Review topics covered in class</li> <li>• Mark important information</li> <li>• Mark sections that are confusing or unclear</li> <li>• If possible, address points of confusion</li> </ul>	<ul style="list-style-type: none"> <li>• Peers</li> </ul>
<b>Daily Integration &amp; Study</b>	<ul style="list-style-type: none"> <li>• Fill in notes</li> <li>• Organize and summarize information</li> <li>• Integrate information from text</li> <li>• Develop preliminary outlines, concept maps, diagrams, etc.</li> <li>• Figure out what you still don't understand</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture objectives</li> <li>• Practice Quizzes</li> <li>• Information sorter</li> <li>• Compare/Contrast charts</li> <li>• Figures/diagrams from notes and/or texts</li> </ul>
<b>Weekly Integration &amp; Study</b>	<ul style="list-style-type: none"> <li>• Integrate information from across lectures</li> <li>• Quiz!!</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture objectives</li> <li>• Practice Quizzes</li> <li>• Information sorter</li> <li>• Compare/Contrast charts</li> <li>• Figures/diagrams from notes and/or texts</li> </ul>

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