PRACTICAL AND FINANCIAL LITERACY

Spaced Repetition

Difficulty level: Easy

Practical and Financial Literacy

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Overview of the concept

This is how you remember something for weeks instead of forgetting it tomorrow, like vocabulary for a test or lines for a play, by reviewing it just as you are about to forget it. Cramming feels productive, but most of it fades within days, because nothing was ever moved into long term memory. Reviewing at spaced intervals, each time just as the memory starts to fade, makes it stick a little longer every time. That is how actors learn lines, language learners keep vocabulary, and students walk into a test still knowing what they studied.



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Worked examples

EXAMPLE 1

Q You learn new words on Day 0. When should you review them in a 1-3-7 plan?



SOLUTION

Learn new words on Day 0.

Review them on Day 1, Day 3, and Day 7.

Each review is short, because most words are still there.

Learn the material on Day 0 and test yourself at once.

Review it the next day (Day 1), then after a longer gap (Day 3), then again (Day 7).

At each review, spend time only on the items you missed, not the whole set again.

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EXAMPLE 2

Q At your Day 7 review you have forgotten 3 of 10 words. What should you do with the words you forgot?

SOLUTION

Day 7 review: you forgot 3 of 10 words.

Action: relearn those 3, then review them sooner.

Result: the weak words get extra reviews; the strong ones do not.

At each review, sort items into known and forgotten.

Relearn the forgotten ones and schedule them for an earlier next review.

Let well-known items wait longer, so study time goes where it is needed.

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Practice questions

1

What is spaced repetition?

A Reviewing material at growing intervals to beat forgetting

B Studying everything the night before a test

C Reading your notes once and putting them away

D Reviewing only on the day of the test

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2

What is a common first review schedule?

A. Review after 2 days, then 5 days, then 8 days

B. Review after 1 day, then 3 days, then 7 days

C. Review after 1 day, then 2 days, then 3 days

D. Review only once, on Day 7

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3 Why do intervals grow longer?

- **A** Because the gaps make the words harder to read
- **B** Because short gaps are easier to remember
- **C** Because stronger memories survive longer gaps
- **D** Because forgetting stops after Day 1

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4 You learn new words on Day 2. When are the next three reviews in a 1-3-7 plan?

- **A** Day 1, Day 3, and Day 7
- **B** Day 3, Day 5, and Day 9
- **C** Day 3, Day 6, and Day 9
- **D** Day 2, Day 4, and Day 8

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5 At a review you forgot 4 of 12 words. What should you do?

- A Drop those 4 and move on
- B Relearn those 4 and review them sooner
- C Relearn all 12 words from the start
- D Wait longer before the next review

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6 Why not cram everything the night before?

- A Because crammed learning fades quickly after the test
- B Because cramming takes less total time
- C Because cramming works best for long-term memory
- D Because the test is always the next morning

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7 Is a short review enough once intervals grow?

- A Yes, if most items are still remembered
- B No, every review must cover the whole set
- C Yes, if you forgot most of the items
- D No, a short review never helps

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8 You have a test in 3 weeks. When should you start spacing your reviews?

- A The night before the test
- B Three weeks before, with growing gaps
- C The morning of the test
- D Only after the test

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9 You remember everything at a review. What should you do?

- A Review them again the same day
- B Wait longer before the next review
- C Relearn them all from the start
- D Drop them from the deck

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10 True or false: spacing means studying less overall.

- A True, it usually takes less total time for longer-lasting memory
- B False: spacing takes more total time for the same memory
- C True: spacing means doing no revision at all
- D False: spacing only works the night before a test

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ANSWER KEY

1. Reviewing material at growing intervals to beat forgetting
2. Review after 1 day, then 3 days, then 7 days
3. Because stronger memories survive longer gaps
4. Day 3, Day 5, and Day 9
5. Relearn those 4 and review them sooner
6. Because crammed learning fades quickly after the test
7. Yes, if most items are still remembered
8. Three weeks before, with growing gaps
9. Wait longer before the next review
10. True, it usually takes less total time for longer-lasting memory

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