Use It or Lose It: How Spaced Repetition Can Improve Long-Term Memory Retention

“Spaced repetition is a technique for efficient memorization which uses repeated review of content following a schedule, determined by a spaced repetition algorithm to improve long-term retention.”

In the 19th Century, Hermann Ebbinghaus discovered the exponential rate of memory loss over time. He proposed that after an individual initially learns information, most of it will be lost in the first couple of days.

The Forgetting Curve

Combatting The Forgetting Curve

1. Make Information Relevant
   As you begin to study, create custom-made learning resources as they have more impact.

2. Improve Clarity
   Try representing information visually in a diagram or create a video describing the topic you’re learning.

3. Reinforce Regularly
   Every time you train your brain to recall, the rate of decline reduces, so stage frequent interventions to solidify the information.

Spaced Repetition’s Affect On The Forgetting Curve:

Use It or Lose It:

Reinforce Your Information Regularly With SPACED REPETITION

Breakdown of Spaced Repetition Algorithm:

1. Create approximate time intervals based on when your test date is. These intervals should include how many repetitions, whether it be one, two, or three, of your work you want to complete.

2. Have the gaps between your repetitions increase in relation to how far away the test is. Consider using apps like Anki, OttoLearn, or SmartCards+ that use spaced repetition algorithms.

3. Practice the space repetition system with software that supports this type of learning.

Apps that support Spaced Repetition:

ANKI
OttoLearn
SmartCards+
Quizlet
Memrise
Recall

Sources:
2. “What Is The Forgetting Curve (And How Do You Combat It?)”, 2018, Harry Cloke

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