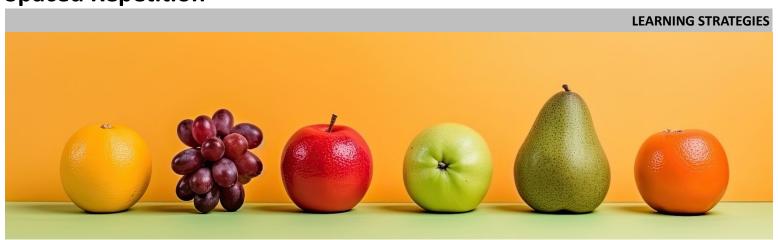# Spaced Repetition

What is it and why do I care?

You will naturally forget up to 50% of what you learn within an hour of learning it; that percentage jumps to 70% within 24 hours. To flatten that forgetting curve you need to utilize two elements: time and repetition. Spaced Repetition, a learning strategy where lessons are repeatedly reviewed at increasing intervals, addresses both.

> ***Pro Tip*** | Combine Spaced Repetition with [Active Recall](#) methods for a powerhouse studying routine that delivers long-term learning!

How do I use it?

Wearing down a path

Spaced Repetition involves multiple, short review sessions which allow you to think about and process the information you're learning. As a guideline, in an ideal world you'll touch on the information at least four times: 1 day after initially learning it, 7 days after, 16 days after, and again one month after learning it. These timeframes are general guidelines, not hard and fast rules.

The point is to engage with the information repeatedly and at ever-lengthening intervals. You are attempting to create a well-worn path between your long-term memory and your ability to readily access the information on demand. Each time you walk that path you see something new and make connections to other paths you've walked in the past.

The power of partially forgetting

Space Repetition also takes adavantage of a concept called the theory of disuse. In an nutshell, letting outselves partially forget information and then working hard to recall it embeds it more completely in our long-term memory.

It sounds simple

This strategy is simple in theory but can be challenging to execute. It requires patience, planning, time-mangement, and commitment. You'll need to commit to studying every day; eventually turning the daily routine into a long-term study habit.

Some Spaced Repetition examples

- Use the "new / learning / comfortable" sorting method (see [flashcards](#) worksheet) to rotate through information you need to study.
- Create a revision timetable that lists topics or chapters to study with an initial date to review. Note how you felt studying the information (green = good; yellow = marginal; red = needs work) and note a date for you next review. This is similar to the new/learning/comfortable method but works better for study materials that don't fit in a box like flashcards.
- Use a spacing algorithm app to manage your spaced repetition (e.g. [RemNote](#), [SuperMemo](#), or [Anki](#)).

Video Resources

Overview: https://youtu.be/cVf38y07cfk
11 Ways to Use Spaced Repetition: https://youtu.be/Kl0RM_9cVzE