

# Spaced Repetition Studying

This playbook outlines sequential steps to utilize spaced repetition systems (SRS) for enhancing effective studying and improving long-term retention of information.

## Step 1: **Choose SRS Tool**

Select a spaced repetition system tool or software that you prefer, such as Anki, SuperMemo, or Quizlet.

## Step 2: **Gather Material**

Collect all of the study material you need to learn and wish to retain long term.

## Step 3: **Create Flashcards**

Create flashcards for each piece of information or concept you want to remember. These can be questions and answers or facts.

## Step 4: **Set Schedule**

Determine your study schedule, deciding how often you will review the flashcards. Your chosen SRS tool may have recommendations or algorithms to help with scheduling.

## **Step 5: Commence Studying**

Start your study sessions using the SRS tool. Review the flashcards and, based on your performance, the SRS will adjust the intervals for each flashcard.

## **Step 6: Track Progress**

Keep track of your study progress and adjust your study habits as needed. Pay attention to which flashcards you frequently struggle with.

## **Step 7: Revise and Update**

Regularly update your flashcard deck to add new information or to modify existing cards to improve clarity and effectiveness.

# **General Notes**

## **Consistency**

It's important to maintain consistency in reviewing your flashcards. Try to study at the same time each day for habit formation.

## **Review Sessions**

Keep review sessions short and frequent. Long sessions can lead to fatigue and reduced effectiveness.

## **Elaborative Learning**

In addition to flashcards, try to use the elaborative learning technique: explain concepts in your own words and connect new information with what you already know.

