

The 'Interleaving' technique to help revisit information



Have you ever crammed for an exam?

Did you find it challenging?



Interleaving is a method to use when revising to help you remember more for the exam and to understand it better as well!

What is Interleaving?

Interleaving study technique is about what **you do with your time** when revising



Have you ever dedicated a whole day to revise for one subject?

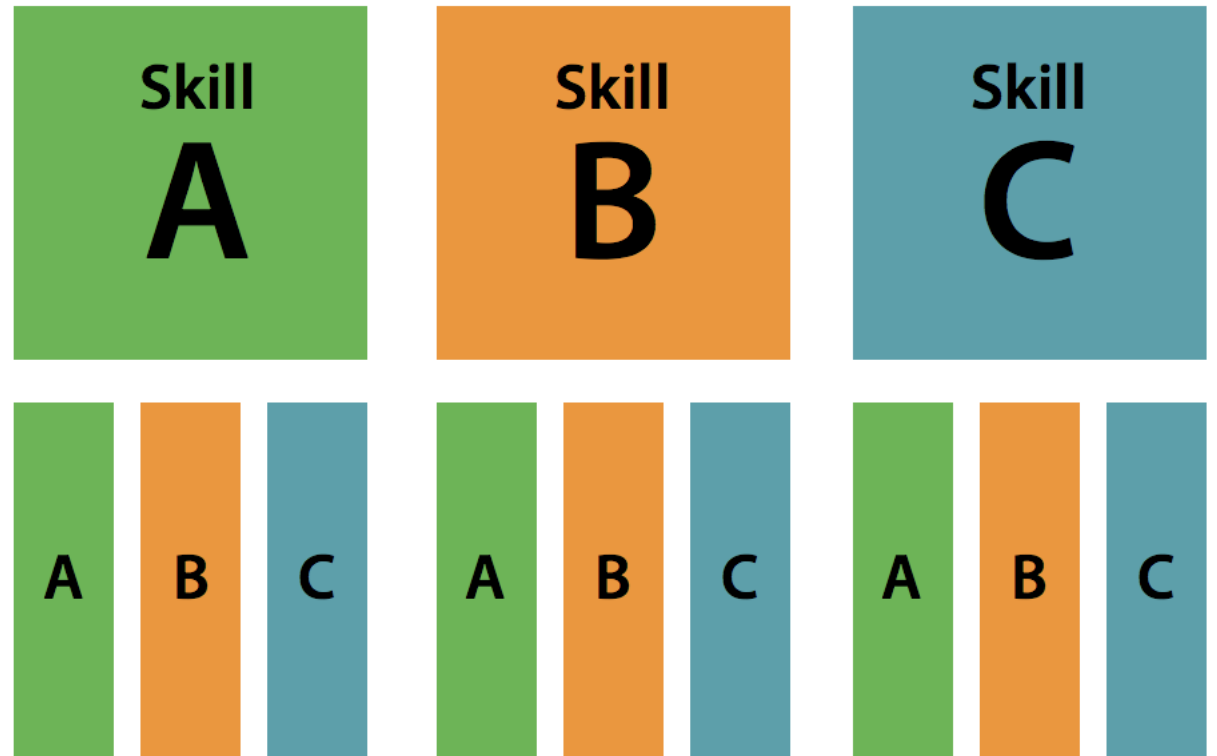
And then another day to revise for a different subject?

This is known as '**blocking**'

How does interleaving work?

Learning is spread over time rather than concentrating on narrow topics one after the other

Blocking vs Interleaving



The evidence to show it works...

- A study examined the performance of maths students who revised using blocking compared to those who used interleaving.
- Students who used interleaving **performed better** on the examination if the examination was more than one day away.



The research

Pan (2015) says '**Mixing it up boosts learning**' compared to more traditional methods of block learning where students master one topic before moving on to the next in preparation for exams.



What are the benefits of Interleaving?

Your brain is continually changing focus and attempting to find different responses to bring into your short term memory.



What are the benefits of Interleaving?

Each time you revise information it strengthens your **memory recall**.

By revisiting material from each topic **several times, in short bursts**, you can increase the amount you **remember in the exams**.



Video - Interleaving

Applying effective interleaving

1. **Break units down** into **small chunks** and split these over a few days rather than revising one whole topic all at once.
2. Decide on the **key topics you need to learn** for each subject.



Applying effective interleaving

2. Decide on the **key topics you need to learn** for each subject.



Applying effective interleaving

3. Create a **revision timetable** to organise your time and space your learning.



**Focus on quality
and not quantity-
short, targeted
bursts are more
effective.**





Do little and often, and
mix it up everyday!

Variety is, after all, the
spice of life!