



ACHIEVE EXCELLENCE PROGRAMME · PRACTICE MAKES PERMANENT

Spaced Practice

Little and often, over a long time, beats cramming every time

Spaced practice means revising the same topic **several times over days and weeks**, instead of cramming it all in one session.

This helps your brain:

- Remember for **longer**
- Forget **less**
- Feel more confident in tests and exams

Why it works

Every time you **come back to a topic and try to remember it**, the memory becomes stronger.

Forgetting a little in between is **normal and helpful** — it makes the brain work harder.

When should you use spaced practice?

Use it:

- After **every lesson**
- During **weekly revision**
- In the **run-up to exams**

Spaced practice should happen all year, not just before tests.

A simple spaced practice routine

Step 1 — Learn it today

- Listen in class, take notes, ask questions
- Do a short review the **same day** (5–10 minutes)

Step 2 — Review soon after

Revisit the topic:

- **1 day later**
- **3 days later**

Do retrieval first (brain dump, quiz, flashcards), then check notes.

Step 3 — Space it further apart

Review again:

- **1 week later**
- **2 weeks later**

- **1 month later** (for exams)

Each time: start from memory, and practise questions, not just reading.

How to fit spaced practice into your week

Quick method:

- Revise **3–4 subjects** per evening
- Spend **10–20 minutes** per topic

Always include:

- One **new topic**
- One **older topic**
- One **very old topic**

This is called spacing + mixing, and it is one of the most effective revision methods.

Good spaced practice activities

Use:

- Brain dumps from memory
- Flashcards
- Self-quizzing
- Practice exam questions
- Teaching someone else

Avoid only:

- ✗ Rereading notes
- ✗ Highlighting
- ✗ Watching videos without testing yourself

Common mistakes to avoid

- ✗ Cramming the night before
- ✗ Only revising topics you like
- ✗ Reading instead of testing memory
- ✗ Stopping revision after one good score

The key rule to remember: little and often, over a long time, beats last-minute cramming every time.