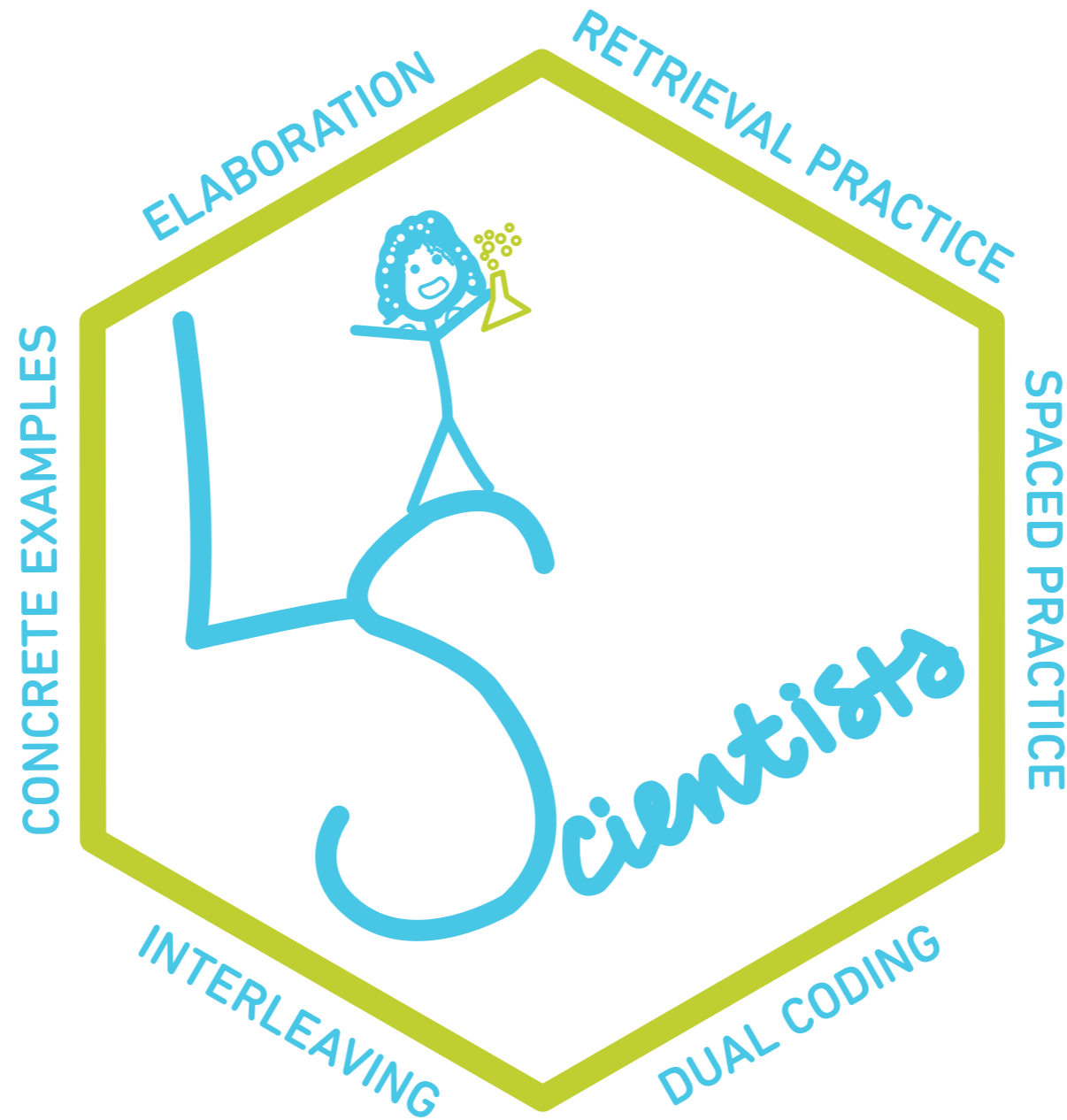




Six Strategies for Effective Learning

www.learningscientists.org

In this series, we provide information so students can learn how to study using..



All of these strategies have supporting evidence from cognitive psychology. For each strategy, we explain how to do it, some points to consider, and where to find more information.



LEARN TO STUDY USING...

Interleaving

SWITCH BETWEEN IDEAS WHILE YOU STUDY





Interleaving

HOW TO DO IT

Switch between ideas during a study session. Don't study one idea for too long.

TOPIC

A



TOPIC

B



TOPIC

C





Interleaving

HOW TO DO IT

Go back over the ideas again in different orders to strengthen your understanding.

TOPICS
A B C



STUDY
SESSION
1

TOPICS
C B A



STUDY
SESSION
2

TOPICS
A C B



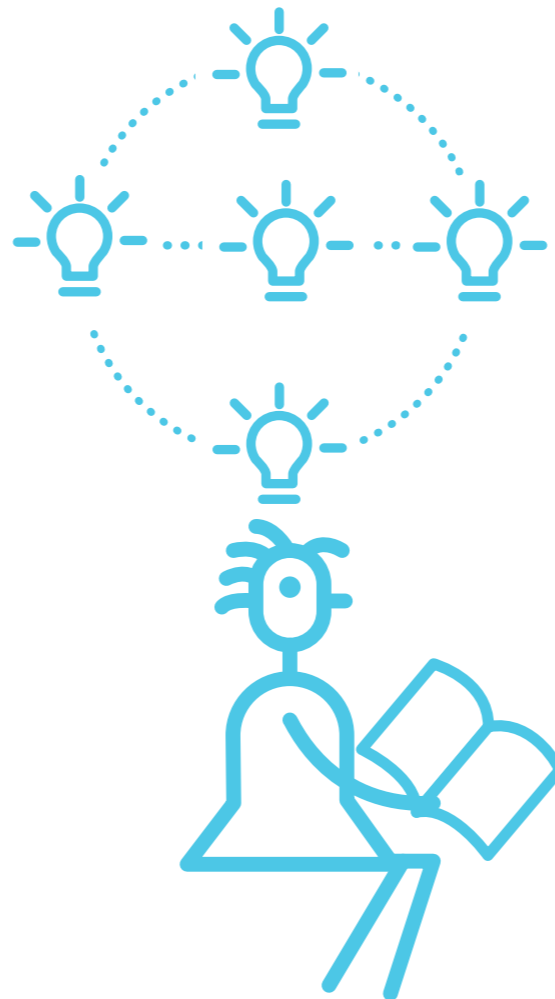
STUDY
SESSION
3



Interleaving

HOW TO DO IT

Make links between different ideas as you switch between them.





Interleaving

HOLD ON!

While it's good to switch between ideas, don't switch too often, or spend too little time on any one idea; you need to make sure you understand them.

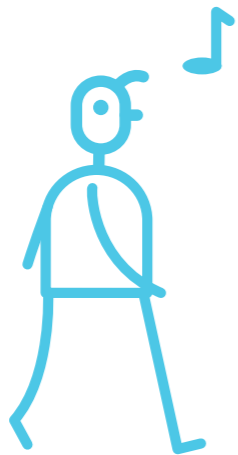




Interleaving

HOLD ON!

Interleaving will feel harder than studying the same thing for a long time. But don't worry - this is actually helpful to your learning!



AAA BBB CCC
TOPICS



ACB CBA BCA
TOPICS

A blue stick figure is shown running towards the right, with motion lines above its head, symbolizing speed or progress.



Interleaving

RESEARCH

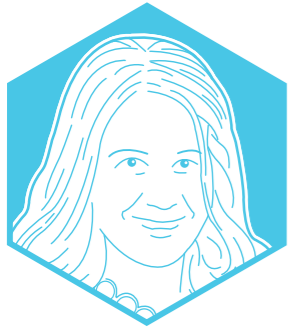
Read more about interleaving as a study strategy

- Use interleaving
<http://www.learningscientists.org/blog/2016/8/11-1>
- Interleaving in practice
<http://www.learningscientists.org/blog/2016/3/28/weekly-digest-3>
- Rohrer, D. (2012). Interleaving helps students distinguish among similar concepts. *Educational Psychology Review*, 24, 355-367.



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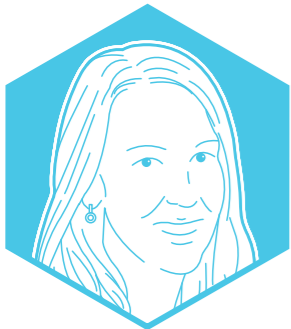
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