PRACTICE:
4. THE LEITNER BOX

2

COMMITING THINGS TO MEMORY AND RECALLING INFORMATION IS IMPORTANT FOR ALL EXAMS...

2

...FLASHCARDS ARE AN EFFECTIVE METHOD OF SUMMARISING AND CONDENSING KEY FACTS AND INFORMATION.

2

...MOST STUDENTS SIMPLY READ THROUGH THEIR STACK OF CARDS OVER AND OVER AGAIN...

2

HOW DO YOU USE YOUR FLASHCARDS?

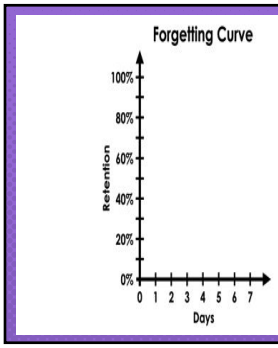
2

DO YOU EVER MANAGE TO REMEMBER THEM ALL?

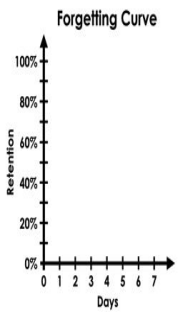
...MOST LIKELY NOT!

HOWEVER, THERE IS A MORE EFFECTIVE METHOD OF USING THEM:

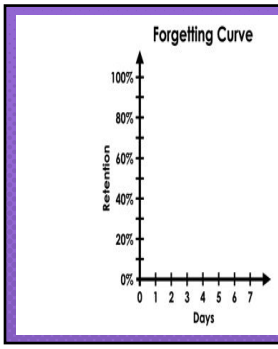
"THE LEITNER BOX"



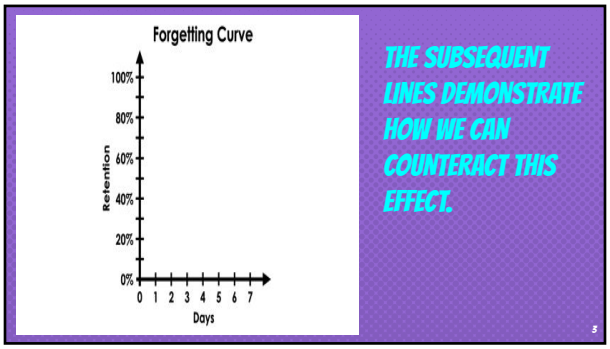
THIS IMAGE SHOWS A PHENOMENON CALLED THE FORGETTING CURVE.



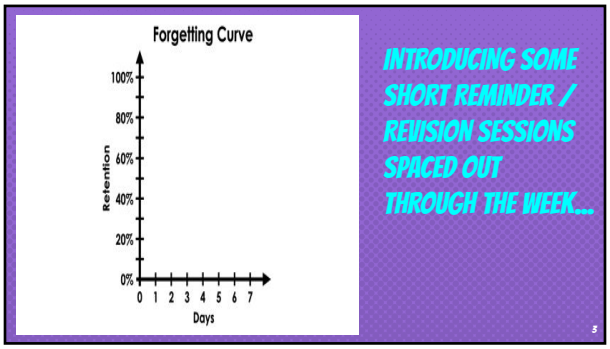
THE DOWNWARD CURVES SHOWS HOW INFORMATION IS FORGOTTEN..



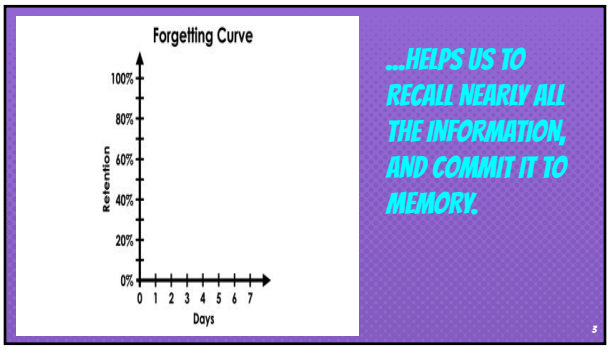
AFTER 7 DAYS 60% OF INFORMATION YOU HAVE TRIED TO LEARN WILL HAVE BEEN FORGOTTEN.



THE SUBSEQUENT LINES DEMONSTRATE HOW WE CAN COUNTERACT THIS EFFECT.



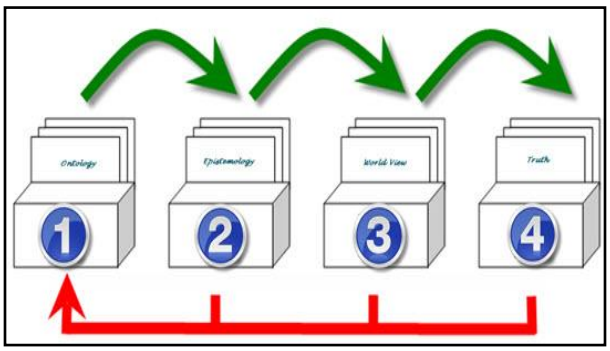
INTRODUCING SOME SHORT REMINDER / REVISION SESSIONS SPACED OUT THROUGH THE WEEK...

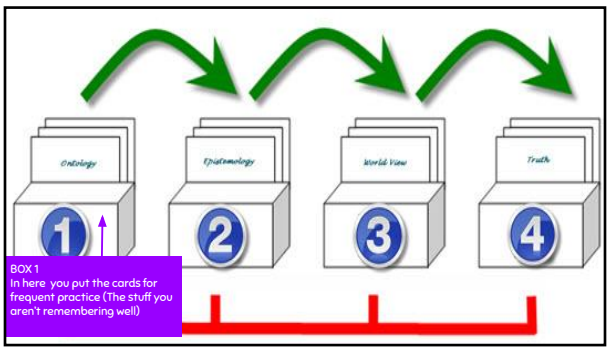


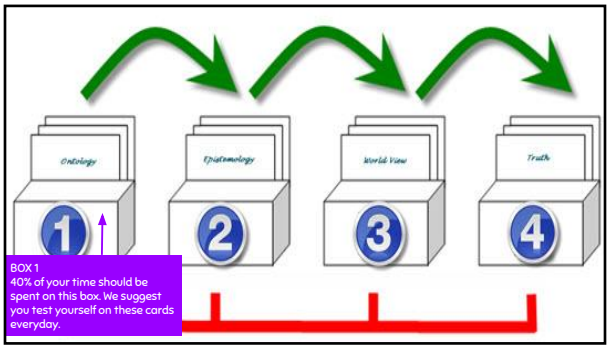
...HELPS US TO RECALL NEARLY ALL THE INFORMATION, AND COMMIT IT TO MEMORY.

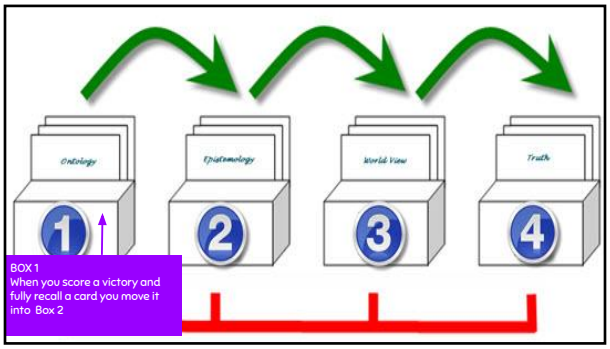
BIG IDEA

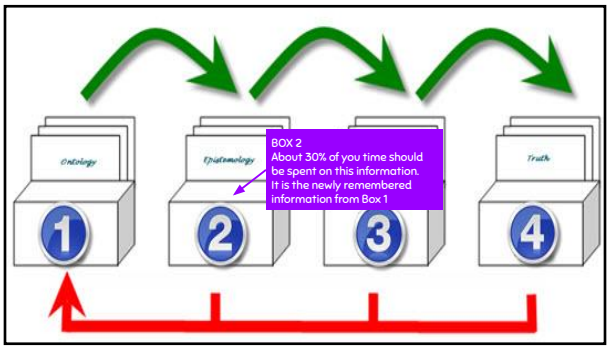
- The German Scientist, Sebastian Leitner, developed a highly effective system of practice and recall.
- His method was called "spaced repetition."
- Leitner suggests that when we have a large amount of information to learn on flashcards, we tend to gravitate to those we already know the answer to...
- ...subconsciously avoiding those we find more difficult.
- In the Leitner System cards are "promoted" to higher levels if we can recall the information and "demoted" if we can't.
- The system forces you to spend more time on the lower level cards, therefore focusing your learning on the things you most need to remember.

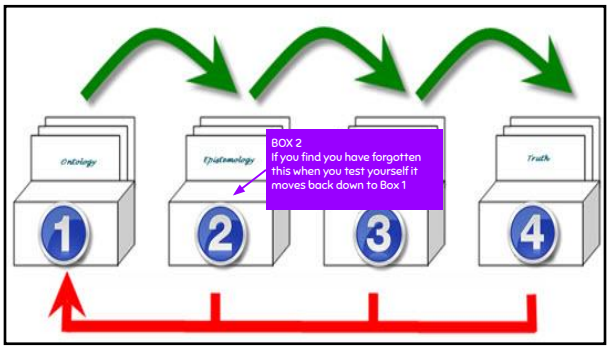


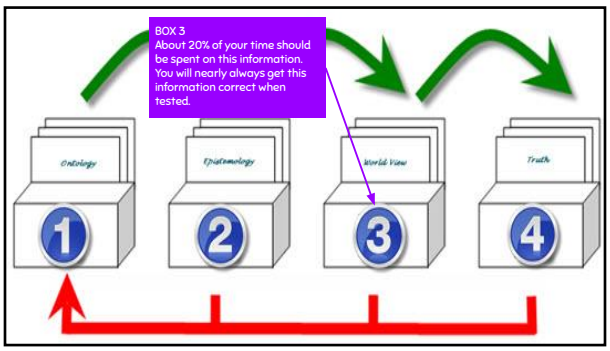


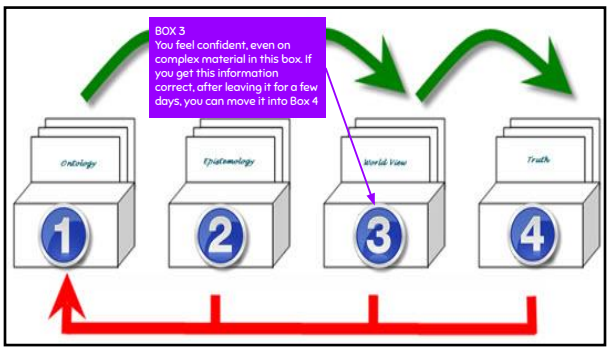

Ontology
Epistemology
World View
Truth
1
2
3
4
BOX 1
40% of your time should be spent on this box. We suggest you test yourself on these cards everyday.

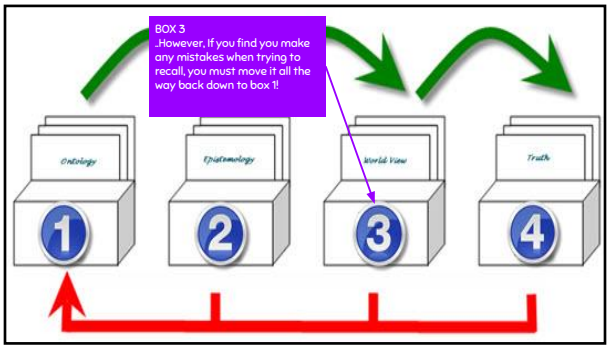

Ontology
Epistemology
World View
Truth
1
2
3
4
BOX 1
When you score a victory and fully recall a card you move it into Box 2

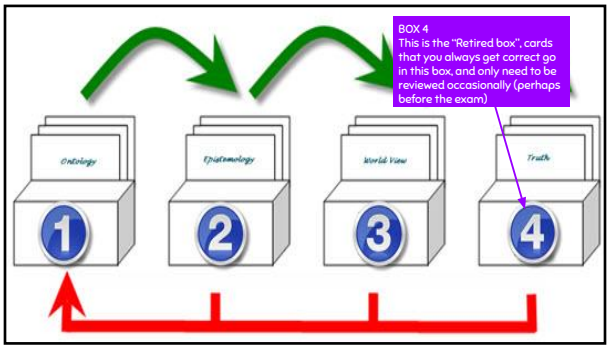

Ontology
Epistemology
Truth
1
2
3
4
BOX 2
About 30% of you time should be spent on this information. It is the newly remembered information from Box 1

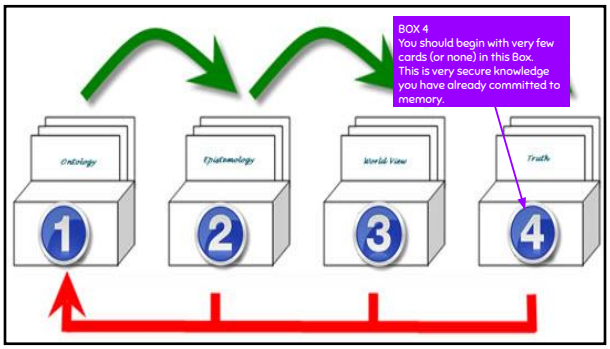

Ontology
Epistemology
Truth
1
2
3
4
BOX 2
If you find you have forgotten this when you test yourself it moves back down to Box 1

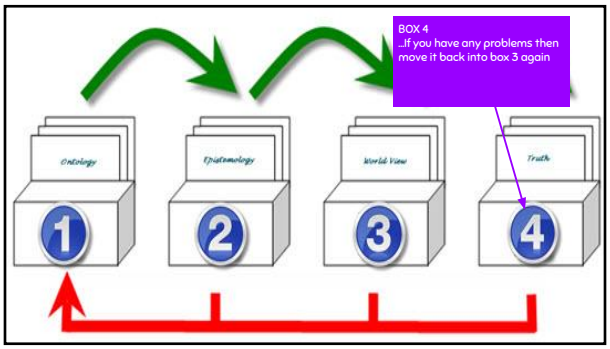

Ontology
Epistemology
World View
Truth
1
2
3
4
BOX 3
About 20% of your time should be spent on this information. You will nearly always get this information correct when tested.

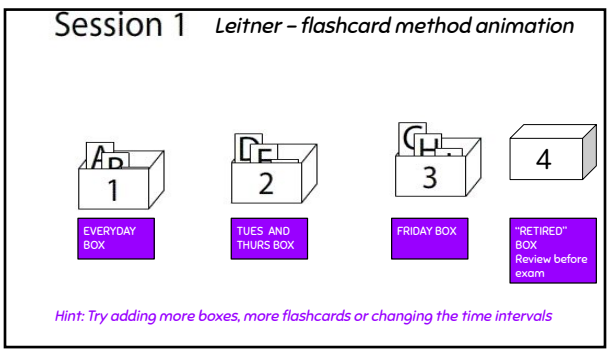

Ontology
Epistemology
World View
Truth
1
2
3
4
BOX 3
You feel confident, even on complex material in this box. If you get this information correct, after leaving it for a few days, you can move it into Box 4

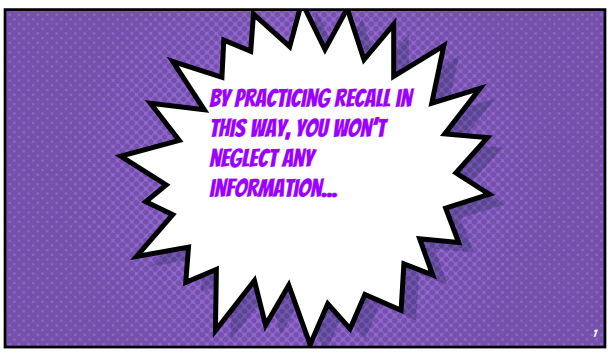

BOX 3
..However, If you find you make any mistakes when trying to recall, you must move it all the way back down to box 1!
Ontology
Epistemology
World View
Truth
1
2
3
4


BOX 4
This is the "Retired box", cards that you always get correct go in this box, and only need to be reviewed occasionally (perhaps before the exam)
Ontology
Epistemology
World View
Truth
1
2
3
4


BOX 4
You should begin with very few cards (or none) in this Box. This is very secure knowledge you have already committed to memory.
Ontology
Epistemology
World View
Truth
1
2
3
4


BOX 4
...If you have any problems then move it back into box 3 again
Ontology
Epistemology
World View
Truth
1
2
3
4


Session 1
Leitner – flashcard method animation
1
2
3
4
EVERYDAY BOX
TUES AND THURS BOX
FRIDAY BOX
"RETIRED" BOX Review before exam
Hint: Try adding more boxes, more flashcards or changing the time intervals

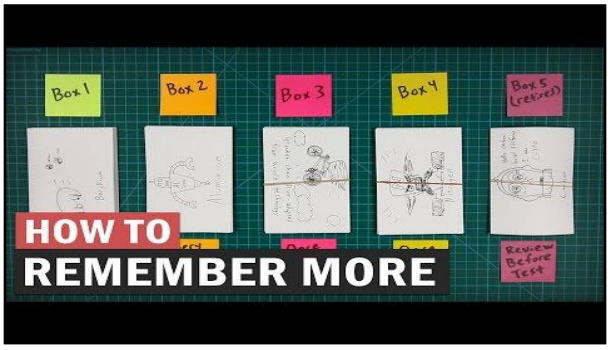

BY PRACTICING RECALL IN THIS WAY, YOU WON'T NEGLECT ANY INFORMATION...
1

..OR GET CAUGHT IN THE "FAMILIARITY TRAP" -

...THE FEELING YOU GET WHEN YOU ASSUME YOU KNOW SOMETHING SO WELL YOU NEVER NEED TO TEST YOURSELF ON IT!

ALSO YOU KEEP YOUR FOCUS WHERE IT NEEDS TO BE - ON THE TOUGH STUFF YOU KEEP FORGETTING.

THE FOLLOWING VIDEO, BY THOMAS FRANK (COLLEGEINFOGEEK.COM) EXPLAINS THE SYSTEM AND THE SCIENCE BEHIND THE LEITNER METHOD...



FINAL THOUGHTS...

THE ONE QUALITY WE HAVE SEEN THAT DIFFERENTIATES TOP PERFORMING STUDENTS FROM OTHERS IS...

9

...HAVING THE COURAGE AND DETERMINATION TO SPEND TIME FOCUSING ON WEAKNESSES.

9

THIS HELPS YOU ISOLATE WHERE YOUR ATTENTION NEEDS TO BE.

9

IT IS UNCOMFORTABLE, BUT WILL MAKE A HUGE DIFFERENCE TO YOUR LEVELS OF PERFORMANCE!

9

OVER TO YOU...

- Create a list of topics that should start in each box.
- From this list create some flashcards.
- Each flashcard should have a concept, image or word on the front...
- ...with a detailed explanation on the back.
- The aim is to learn the explanations on the back of each card using the front as a prompt.
- There are many apps that have premade flashcards, and also allow you to create your own, our favorite is TINYCARDS.
- This app also uses the Leitner System, and you can set up reminders each day!

10