

**Learning Tip:**

# **Spaced Retrieval Practice**

Dr. Gary Au  
[au@math.usask.ca](mailto:au@math.usask.ca)

University of Saskatchewan

# Spaced Retrieval Practice

- ▶ To have learnt something, it is necessary that you remember it.
- ▶ The most effective procedure to remember something is via **spaced retrieval practice**:
  1. Pick a fact or concept you want to remember;
  2. Study it briefly and make sure you understand it in the moment;
  3. Test yourself: Actively recall the fact or concept without re-reading it;
  4. Repeat Step 3. after some duration. If you still recall successfully, increase the time interval before the next recall attempt. Otherwise, shorten the interval.

# Spaced Retrieval Practice

- ▶ Each retrieval, even the act of struggling to recall, strengthens the memory.
- ▶ Works for both rote facts and complicated concepts.
- ▶ For best results, make the “recalling” part active: Use flashcards! Teach a friend!
- ▶ Testing yourself and recalling should constitute the bulk of your study sessions.