Megan Sumeracki cover image Gerd Altmann Pixabay Note blog post tad longer usual ’ hoping headers help navigate sections useful Spaced Practice Working Memory Resource Depletion Chen et al Experiments 1 Even among top effective evidence-based study strategies write spaced practice one best Spaced practice engage practice better spread practice time rather massing cramming true whether reviewing course material e.g. repeated reading better yet practicing retrieval i.e. bringing information mind like take practice test One reason spaced practice among top learning strategies efficient Spaced practice really involve time cramming Technically spaced practice involves bit advanced planning marking time one ’ calendar takes bit time minimal also ’ spend time worrying procrastination relax studying tradeoff example imagine student Fall semester final exam coming 4 weeks Given timing blog post scenario might closer reality imagination activity student could wait day two exam cram might spend 12 hours library studying two days – 6 hours day even worse 12 hours day late night could start studying studying say hour three days per week 30 minutes week day one weekend day six days per week exam cases 12 total hours spent studying However time spaced student learns learn durable long run Spacing means fictitious student likely better final exam 4 weeks possibly importantly Spring next class building upon knowledge supposed learn Fall student much better shape well exam part students ought want Long-term retention ability use information future extremely important Spaced practice help