megan sumeracki cover imag gerd altmann pixabay note blog post tad longer usual ’ hope header help navig section use space practic work memori resourc deplet chen et al experi 1 even among top effect evidence-bas studi strategi write space practic one best space practic engag practic better spread practic time rather mass cram true whether review cours materi e.g repeat read better yet practic retriev i.e bring inform mind like take practic test one reason space practic among top learn strategi effici space practic realli involv time cram technic space practic involv bit advanc plan mark time one ’ calendar take bit time minim also ’ spend time worri procrastin relax studi tradeoff exampl imagin student fall semest final exam come 4 week given time blog post scenario might closer realiti imagin activ student could wait day two exam cram might spend 12 hour librari studi two day – 6 hour day even wors 12 hour day late night could start studi studi say hour three day per week 30 minut week day one weekend day six day per week exam case 12 total hour spent studi howev time space student learn learn durabl long run space mean fictiti student like better final exam 4 week possibl importantli spring next class build upon knowledg suppos learn fall student much better shape well exam part student ought want long-term retent abil use inform futur extrem import space practic help