Spaced Repetition Systems

A daily habit you can do while pooping to remember everything you learn (forever)

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2020-11-19

Scheduled Programming

1. Introduction to SRS (HYPE) [NO NOTES]
2. Y'all install
3. Y'all read documentation at your own pace

Value

- Guarantee a 95% LIFETIME retention rate on learned material
- Reduce barriers to flow in complex, creative work
- Never need to re-learn anything again

Cost

- 2 hours set-up
- 1-15 minutes/day maintenance (do this while pooping)
- 30 seconds per item you want to remember to format for SRS

Background

- information stored as physical structures
- forgetting
- how to prevent forgetting?

- memory durability
- why don't we practice more?

Spaced Repetition System

Optimized Practice

- ▶ active recall (occlusions)
- ▶ optimal intervals (spacing effect)
- ▶ software

SRS worthy?

- ▶ 140 seconds
- ▶ time saved
- ▶ value gained

- add knowledge
- review knowledge

The Tools

Anki [X]

- FOSS
- cross platform

Supermemo

- incremental learning
- SM-18
- windows

Install

https://github.com/shw00p/spaced-repetition#install