

Spaced Repetition Systems

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

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Scheduled Programming

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

Value:Cost

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?

Background 2

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

Spaced Repetition System

Optimized Practice

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

SRS worthy?

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

The Process

- ▶ add knowledge (occlusions)
- ▶ review knowledge

The Tools

Anki [X]

- ▶ FOSS
- ▶ cross platform

Suprememo

- ▶ incremental learning
- ▶ SM-18
- ▶ windows

Install

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