

Spaced Repetition

Years 7–12 | Highest-Value Study Strategy

WHAT IS SPACED REPETITION?

Spaced repetition is a scheduling technique where you review material at increasing intervals over time. Instead of cramming the night before an exam, you revisit content at spaced-out intervals — the day after learning it, then three days later, then a week, then two weeks.

WHY DOES IT WORK? THE PSYCHOLOGY

- The "forgetting curve" (Ebbinghaus, 1885) shows that memory decays rapidly but stabilises with each review.
- Reviewing at the point of near-forgetting — just before you forget it — maximises retention gains.
- Spaced practice is more effective than massed practice (cramming) for long-term recall in every subject tested.
- Combined with active recall, spaced repetition is the most powerful study system available.

"Study a little, often. Never cram everything the night before — your brain simply cannot store it."

SPACING SCHEDULE GUIDE

Review Number	When to Review
Review 1	Same day as learning (within 24 hours)
Review 2	3 days after Review 1
Review 3	1 week after Review 2
Review 4	2 weeks after Review 3
Review 5	1 month after Review 4

MY SPACED REPETITION PLANNER

Use this tracker to plan your review sessions across topics:

Topic / Concept	Date Learnt	Review Dates (R1 / R2 / R3 / R4)

NST Tip

Use free apps like Anki to automate your spaced repetition schedule for flashcards. The algorithm calculates the perfect review time for you.