Spaced Repetition Worksheet

Purpose: Improve long-term retention through strategic review timing.

1. What are you learning?
2. Create a spaced repetition schedule.
3. Track and rate each review session. (1-10)

Subject	Day 1	Day 3	Day 7	Day 14	Day 30

How To Use (Pro Tips)

Customize Your Intervals:

➔ Use software (like Anki or RemNote) to adjust intervals based on your performance; harder items should come up more frequently.

➔ Track your "forgetting curve" and adjust the repetition schedule accordingly.

Active Recall Integration:

➔ Pair spaced repetition with active recall—don't just re-read flashcards, force yourself to generate answers before checking them.

➔ Consider using different formats (text, images, audio) for the same item to reinforce memory through varied contexts.

Regular Reviews and Feedback:

➔ Periodically challenge yourself with cumulative reviews (e.g. tests, quizzes) to ensure long-term retention, not just short-term memorization.

Combine with Other Techniques:

➔ Mix in interleaving and varied practice sessions to strengthen understanding.

Questions To Reflect On

Learning Efficiency:
- ➔ Which concepts or skills have you struggled to retain over time, and how can spaced repetition be tailored to reinforce these areas more effectively?
- ➔ How do you determine the ideal interval for reviewing a particular piece of information, considering both the complexity of the subject and your personal memory patterns?

Integration with Active Recall:
- ➔ How can you incorporate testing and self-quizzing into your spaced repetition schedule to boost long-term retention?
- ➔ What adjustments might you make to your review intervals based on performance metrics or moments of insight?

Real-World Application:
- ➔ How could you apply spaced repetition techniques to non-academic areas (e.g., learning new financial models, memorizing key business metrics, or developing a new habit)?
- ➔ Reflect on a recent learning experience: how would a structured spaced repetition plan have changed your outcome?