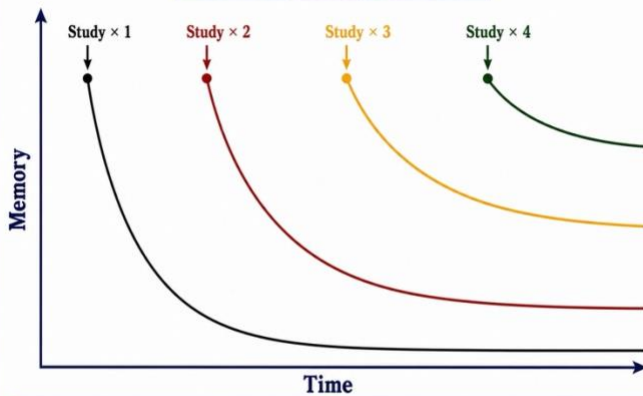


You might remember more if you study less.
(Short study sessions over time are more effective than overnight marathon cramming.)

THE SCIENCE OF LEARNING

"The Spacing Effect"



Spaced study sessions improve memory.

Multiple, short chunks of study time lead to less forgetting than a single long cramming session. Research has confirmed this pattern for over a century.

Ebbinghaus, 1885 • Bahrick, 1979 • Bahrick & Hall, 1991 • Cepeda et al., 2006
Rohrer & Pashler, 2007 • Dunlosky et al., 2013

AI PROMPTS YOU CAN USE TODAY

Use these as templates and modify them to fit your situation.

1

Spread Out Your Study Time

Here's my upcoming schedule. I usually cram for five hours the night before an exam. Schedule four one-hour study sessions spaced a day apart, and recommend active-study strategies.

2

Build a Study Calendar

Build a spaced-review schedule for these six concepts incorporating practice questions, concept connections, and recall.

3

Focus Today's Review

Tell me what subjects I should review today based on what I've already studied.

DO THIS, NOT THAT



DO



Study in shorter sessions.



Revisit material over time.



Review difficult topics more often.



Follow a review schedule.



DON'T



Study for four hours straight.



Cram the night before.



Review everything equally.



Wait until you've forgotten everything.

TRY IT RIGHT NOW



SELECT
one of your courses.



ASK AI
for a regular review plan.



SCHEDULE
spaced-review sessions regularly.



REVISIT
your plan after each session.



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