Handout 2-B: Spaced Practice Schedule

Session 2 · about 10 minutes, plus a 2-sentence retrieval reflection

Take the same study time and spread it across days. Work backward from your exam or deadline date, and retrieve (don't re-read) each time.

Subject: … **Exam or deadline date:** …

Day / date	What I will retrieve	How (blank page, flashcards, practice questions)	Done?
Day 1	…	…	…
Day 3	…	…	…
Day 7	…	…	…
Before the exam	…	…	…

Interleaved block

Mark one study block that mixes two topics or problem types.

Retrieval reflection (2 sentences)

What did the blank-page drill reveal? …

It will feel harder

If your drill went badly, that is useful information, not failure. Re-studying would have felt better and taught you less.

Options

Written, voice memo (say it aloud, then check), or flashcards on paper.

Worked example

Subject: Biology, cell respiration unit. Exam date: Friday the 20th.

Day / date	What I will retrieve	How	Done?
Day 1 (Mon 9th)	Glycolysis steps and where they happen	Blank page, 5 minutes	Not yet
Day 3 (Wed 11th)	Glycolysis plus the Krebs cycle (interleaved block: alternate with last week's photosynthesis notes)	Practice questions from the textbook	Not yet
Day 7 (Sun 15th)	All of cell respiration, then compare it with photosynthesis	Flashcards, then a blank page	Not yet
Before the exam (Thu 19th)	Everything I missed on Day 7	Practice questions	Not yet

Retrieval reflection

"I remembered the names of the steps but not where they happen. I'll focus on locations next time."