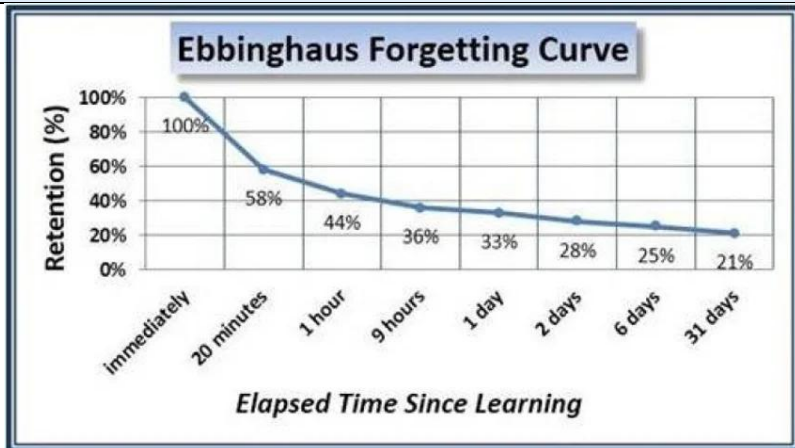


A quick guide to...Spaced Repetition

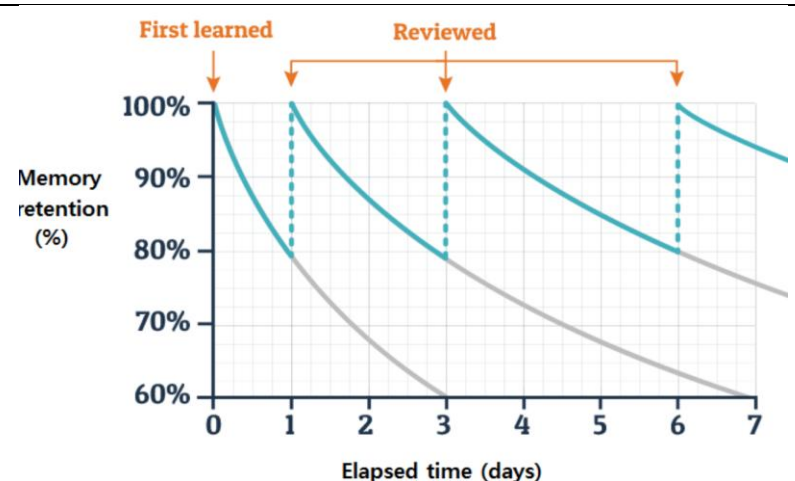
Spaced Repetition, or the 'Leitner System', is a technique for organising flashcards according to how well the learner knows the information each flashcard contains. It prioritises practising the challenging flashcards most, and the easiest the least – 'spacing' repetition!



"...Some children may need only 10-20 exposures to a letter to recognize it automatically, other children may need 20 times that amount of exposure to over learn the letters to the point of automaticity..." Berninger, 2000

Flashcards could be:

	Words (high frequency, exception, topic) a pupil needs to read on sight
	Grapheme-phoneme correspondences (letter-sounds)
	Pictures that represent vocabulary a pupil knows less well
	Maths facts (number bonds, times tables)
	Subject specific facts to learn and recall in preparation for exams



How to do it...	
	Prepare 5 boxes or envelopes with labels 1-5 or smiley faces.
	Prepare flashcards with key items (e.g. words, sounds, facts)
	Day 1: Start all flashcards in box 1 (everyday practice). Test pupil. Either: a. The pupil knows the flashcard. Move flashcard to box 2 (every other day). b. The pupil does not know the flashcard or takes too long. Keep in box 1.
	Day 2: Box 1 again. Repeat above.
	Day 3: Box 1 and 2. Repeat above. Some flashcards will move to box 3 (every week practice)
	Continue. Flashcards will start to move to box 4 (every other week) and box 5 (every month or term). Flashcards continue to be spaced according to how well they are remembered.

How to use the Leitner system for flashcards

Increase your memory with spaced repetition and active recall

All flashcards start in box one

Correctly answered flashcards move up a box

Box 1: Practice every day
Box 2: Practice every other day
Box 3: Practice once a week
Box 4: Practice every other week
Box 5: Practice once a month

Incorrectly answered flashcards move down a box

ExamStudyExpert.com/Leitner-system

Model the flashcards the child does not know (I, we, you).	Decrease the spacing and increase the repetition. Box 1 = 3x daily, box 2 = 1x daily...	Praise/reward when cards move up. Praise/reward for effort when cards move down
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