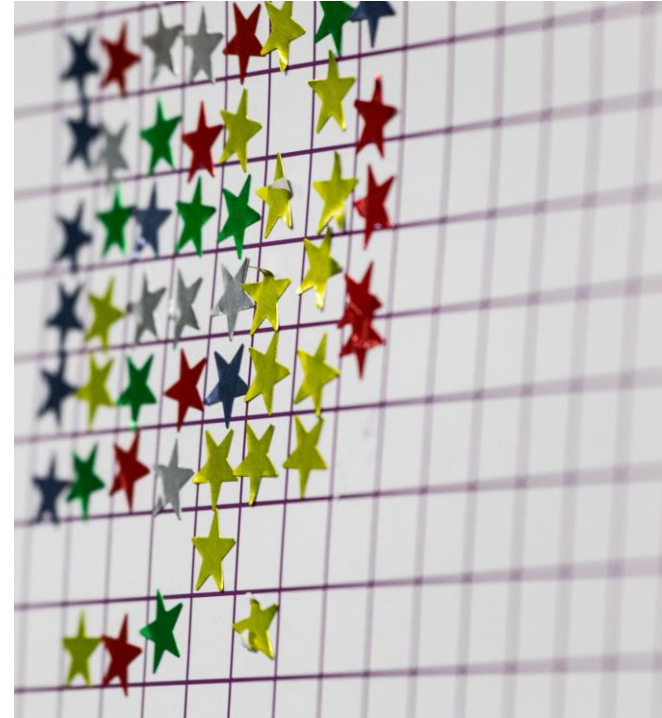




S.T.A.R

(St Antony's Revision)

Workshop 5



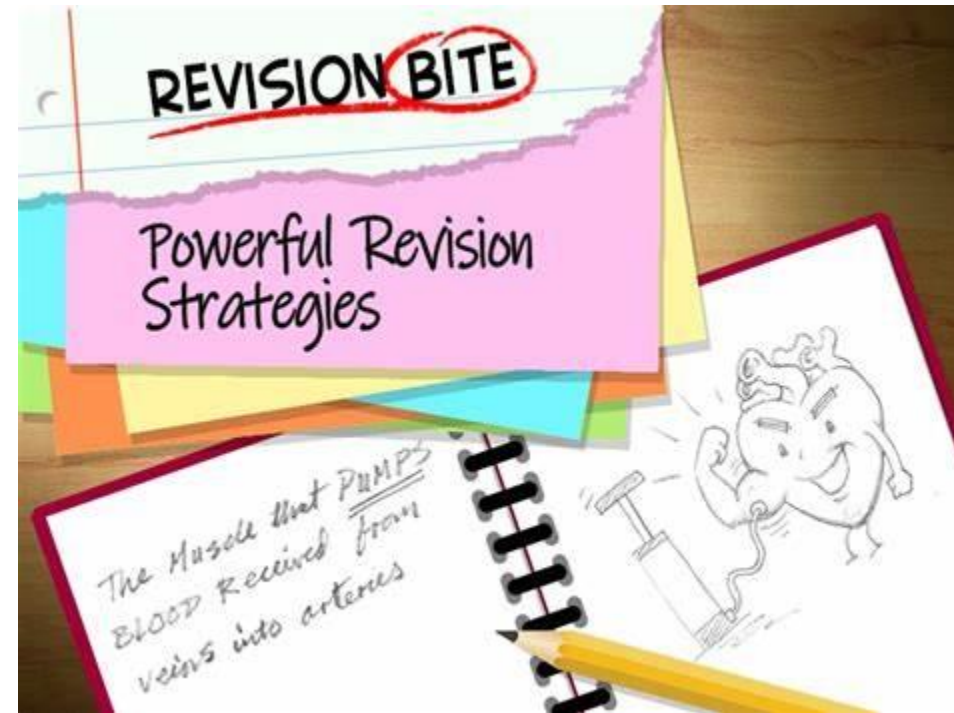
St Antony's
Roman Catholic School

ASPIRE + BELIEVE + ACHIEVE

Interleaving

The last session focussed on Spaced practice and how it can improve your recall skills if you regularly implement this strategy into your revision. This session will focus on another equally important aspect of revision that you probably have never heard of:

- Interleaving.

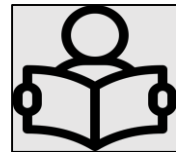


Interleaving



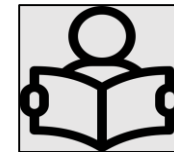
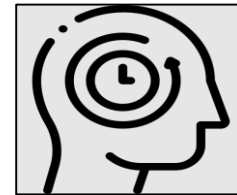
Interleaving is considered to be a really effective revision method for its ability to enhance recall and retention of information in the long term.

Interleaving is when you switch between topics to revise. By interleaving the topics, you achieve a deeper understanding of them. You may find this quite hard to begin with but this is helpful to your learning and will improve your long-term memory.



Spaced Practice
Revision

<https://www.youtube.com/watch?v=kV64Bu6sec0>




Interleaving + Spaced
Practice Revision


Interleaving – 2 Examples



Maths revision session

Topic 1 
Geometry

Topic 2 f_x
Algebra

Topic 3 
Graphs

Topic 4
Statistics



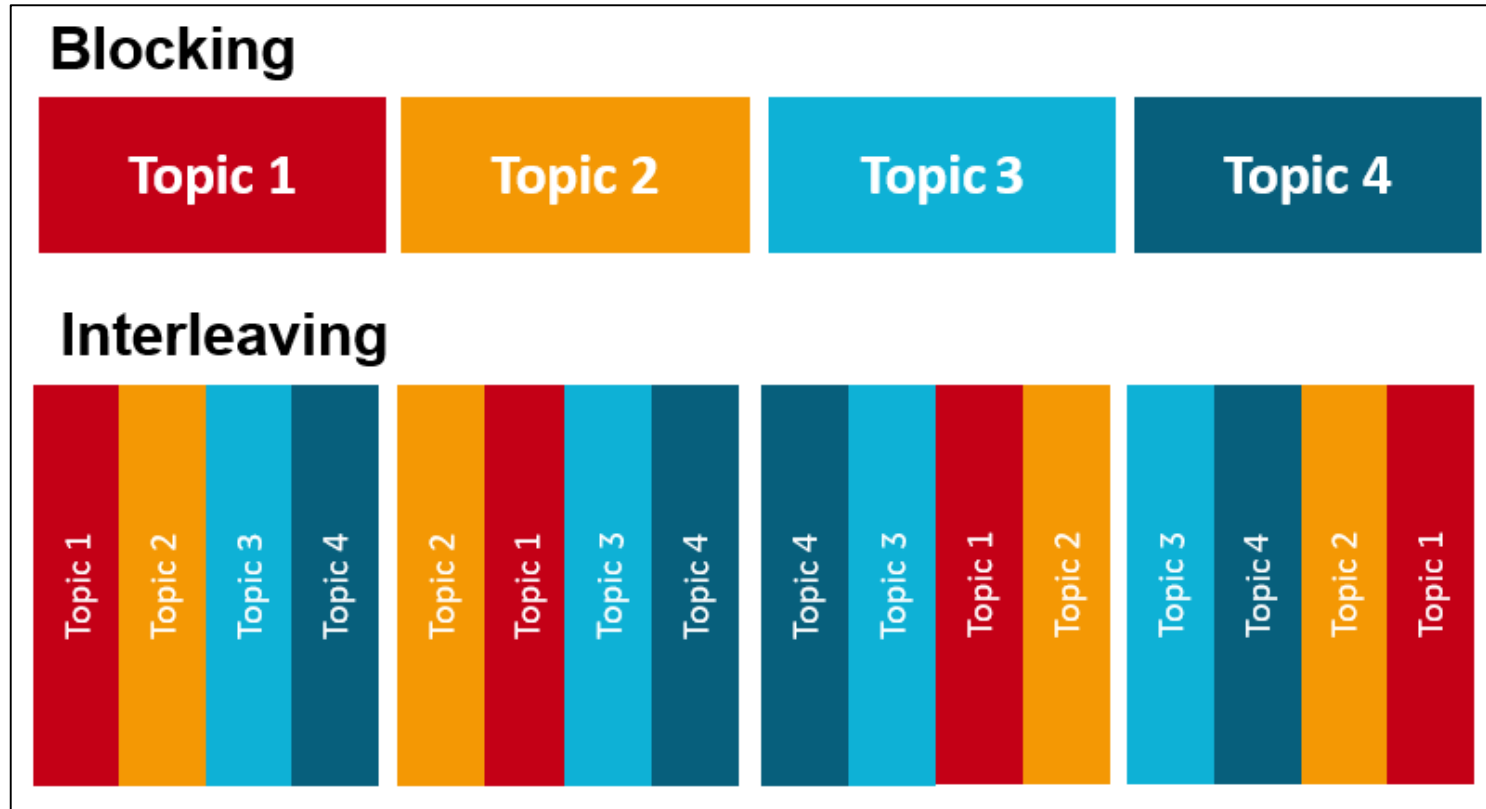
Multiple subject session

Topic 1
Maths

Topic 2
Science

Topic 3
English

Topic 4
PE



Retrieval Practice	Spaced Practice + Interleaving	Motivation	Support	Attendance	=	Success
Retrieval Practice	Spaced Practice + Interleaving	Motivation	Support	Missing	=	Lower results
Retrieval Practice	Spaced Practice + Interleaving	Motivation	Missing	Attendance	=	Anxiety
Retrieval Practice	Spaced Practice + Interleaving	Missing	Support	Attendance	=	Under performance
Retrieval Practice	Missing	Motivation	Support	Attendance	=	Cramming
Missing	Spaced Practice + Interleaving	Motivation	Support	Attendance	=	Ineffective strategies