

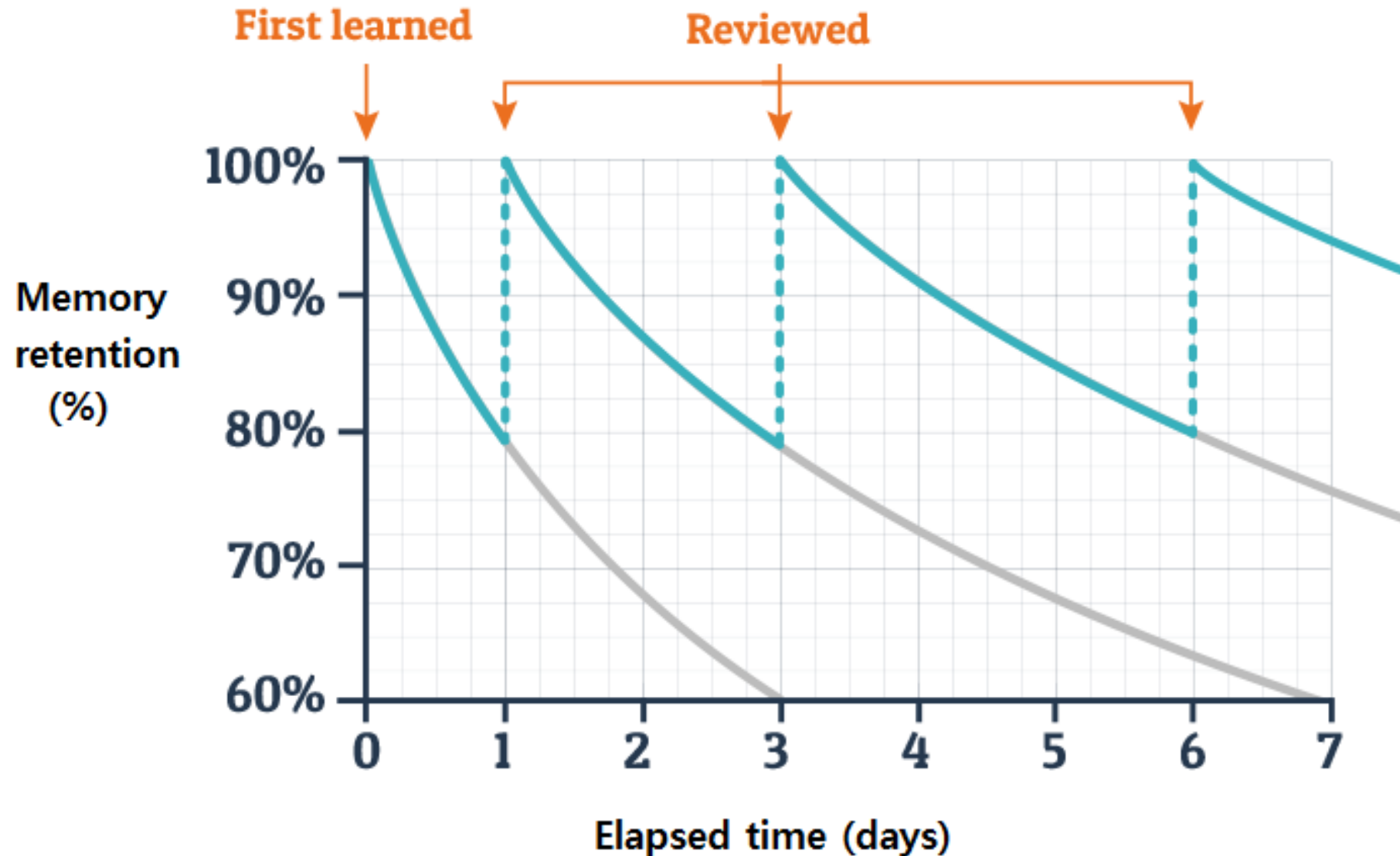
# A great way to use flashcards

## The Leitner System

# What is it?

- A system for spaced repetition using flashcards.
  - Repeating revision at increasing time between repetitions.
- Invented by German science journalist Sebastian Leitner in 1972.
- Why does it work?
  - Ebbinghaus forgetting curve...

# Ebbinghaus forgetting curve



# What do I need?

- Flashcards.
  - Quiz ones with the Q on the front and answer on the back.
  - Ones that state the knowledge to be recalled.
- Between 3 and 5 boxes (you can just keep them in piles but its easy to get mixed up).

# Say you have 5 boxes you keep the flashcards in...

- *Box 1* – review daily
- *Box 2* – review every other day, say: *Mondays, Wednesdays, and Fridays*
- *Box 3* – review once per week, *perhaps Saturdays*
- *Box 4* – review every other week
- *Box 5* – review once a month and before your exam

# What you need to do...

- Start self testing or
- Being quizzed by someone...
  
- Put ones you get right into the next box along...
  - These ones need less regular practice.
- Put the ones you get wrong into the previous box...
  - These ones need more regular practice.

# 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**

# You need to start this early and stick with it...

- By continually reviewing information that *just won't stick*, you can **focus less on stuff you already know** and **spend more time on what you don't know**.
- After using the Leitner system for two weeks or so, you should have an interesting mix of cards across all of your boxes....
- It's important to figure out the recall intervals that work for **YOU!**



# What good flash cards (for this) are like....

- Simple quiz questions for recall...

Q: What are the three sub atomic particles and their charges?

A: Protons (+), Neutrons (0),  
Electrons (-)

# What good flash cards (for this) are like....

- A task that demonstrates recall and is linked to what you need to do in the exam.

Write out the aerobic  
respiration word and  
balanced symbol equation.

glucose + oxygen  $\rightarrow$  carbon dioxide + water

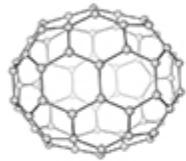


# What good flash cards (for this) are like....

- Exam question on the front...
- Mark scheme on the back...

Figure 1 shows diagrams that represent different structures.

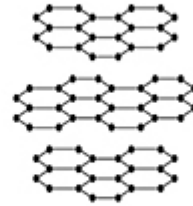
Figure 1



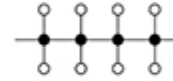
A



B



C



D

Use Figure 1 to answer parts (a) and (b).

(a) Which diagram represents graphite?

Tick (✓) **one** box.

A

B

C

D

(1)

(b) Which diagram represents poly(ethene)?

Tick (✓) **one** box.

A

B

C

D

(1)





(a) **C**

1

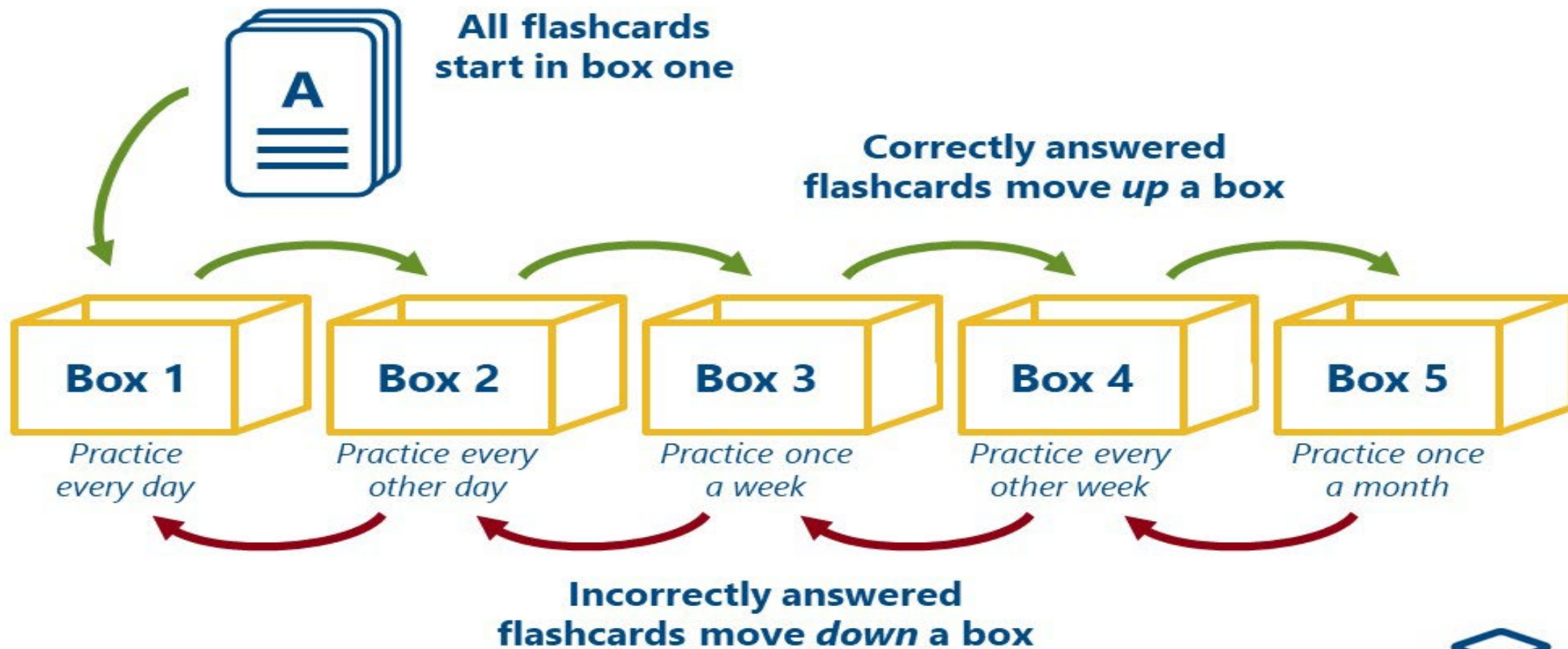
(b) **D**

1



# How to use the Leitner system for flashcards

*Increase your memory with spaced repetition and active recall*



	<b>Mon</b> <b>8.25 – 8.50</b>	<b>Tues</b> <b>8.25 – 8.50</b>	<b>Wed 8.25 –</b> <b>8.50</b>	<b>Thurs</b> <b>8.25 – 8.50</b>	<b>Thurs</b> <b>11.10 – 11.30</b>	<b>Thurs</b> <b>11.30 – 11.50</b>	<b>Thurs</b> <b>11.50 – 12.10</b>	<b>Fri</b> <b>8.25 – 8.50</b>
<b>11E1</b>	Assembly (Hall)	Sixth Former Advice (M5)	HF Quadrant Assemblies (Blue diner, Sixth Form Hall, Library, M1)	Comp Room Revision TT (JB1)	Flashcards (PCB in Hall)	Mindfulness (SAN in wooden gym)	Blind Mindmapping (CLW Blue Diner)	Sleep Assembly (Sixth Form Hall)
<b>11E2</b>		Sixth Former Advice (M6)		Comp Room Revision TT (JB2)	Flashcards (PCB in Hall)	Mindfulness (SAN in wooden gym)	Blind Mindmapping (CLW Blue Diner)	
<b>11E3</b>		Sixth Former Advice (M7)		Comp Room Revision TT (JB3)	Flashcards (PCB in Hall)	Mindfulness (SAN in wooden gym)	Blind Mindmapping (CLW Blue Diner)	
<b>11M1</b>		Comp Room Revision TT (JB1)		Sixth Former Advice (M1)	Blind Mindmapping (CLW Blue Diner)	Flashcards (PCB in Hall)	Mindfulness (SAN in wooden gym)	
<b>11M2</b>		Comp Room Revision TT (JB2)		Sixth Former Advice (M2)	Blind Mindmapping (CLW Blue Diner)	Flashcards (PCB in Hall)	Mindfulness (SAN in wooden gym)	
<b>11M3</b>		Comp Room Revision TT (JB3)		Sixth Former Advice (M4)	Blind Mindmapping (CLW Blue Diner)	Flashcards (PCB in Hall)	Mindfulness (SAN in wooden gym)	
<b>11M4</b>		Comp Room Revision TT (JB5)		Sixth Former Advice (M3)	Mindfulness (SAN in wooden gym)	Blind Mindmapping (CLW Blue Diner)	Flashcards (PCB in Hall)	
<b>11S1</b>		Comp Room Revision TT (JB5)		Sixth Former Advice (M8)	Mindfulness (SAN in wooden gym)	Blind Mindmapping (CLW Blue Diner)	Flashcards (PCB in Hall)	
<b>11S2</b>		Sixth Former Advice (M9)		Comp Room Revision TT (JB5)	Mindfulness (SAN in wooden gym)	Blind Mindmapping (CLW Blue Diner)	Flashcards (PCB in Hall)	
<b>11H1</b>		Sixth Former Advice (HU1)		Comp Room Revision TT (JB4)	Mindfulness (SAN in wooden gym)	Blind Mindmapping (CLW Blue Diner)	Flashcards (PCB in Hall)	