



STANLEY HIGH SCHOOL  
SUCCESS FOR ALL



# Spaced Repetition

Preparing for  
success





STANLEY HIGH SCHOOL  
SUCCESS FOR ALL



# What is spaced repetition?

It is a scientifically proven method, used to boost your memory.

It trains your brain to retrieve the information so that it can be found more easily in the future. This is called active recall.



STANLEY HIGH SCHOOL  
SUCCESS FOR ALL



# How can this boost my revision?

You will remember more!

It is far more effective than doing one big revision session before an exam.



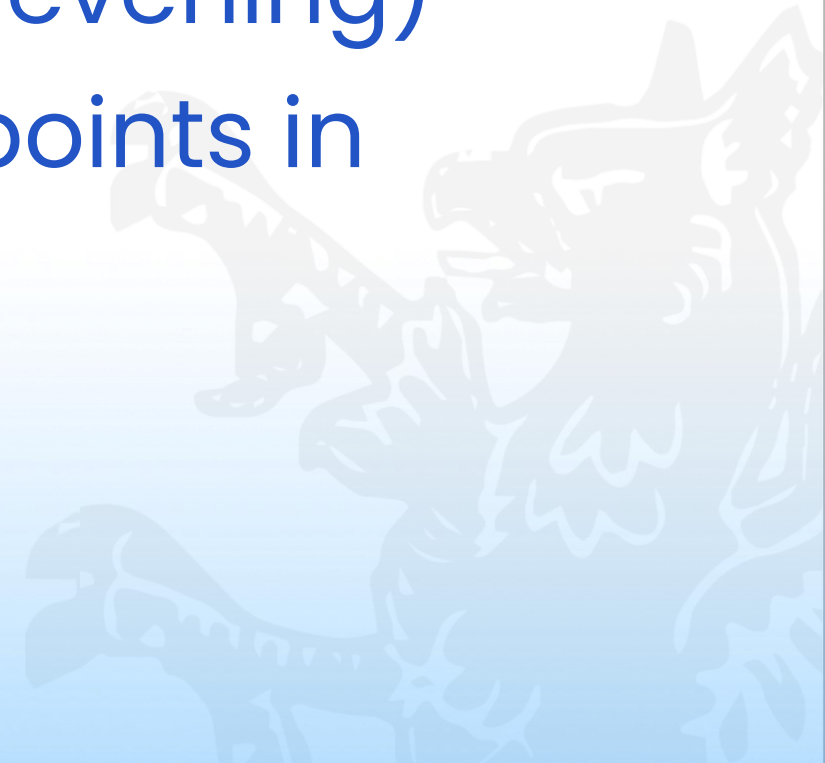


STANLEY HIGH SCHOOL  
SUCCESS FOR ALL



# How does it work?

1. Straight after a lesson (in the evening) –  
Summarise the key learning points in  
your own words.



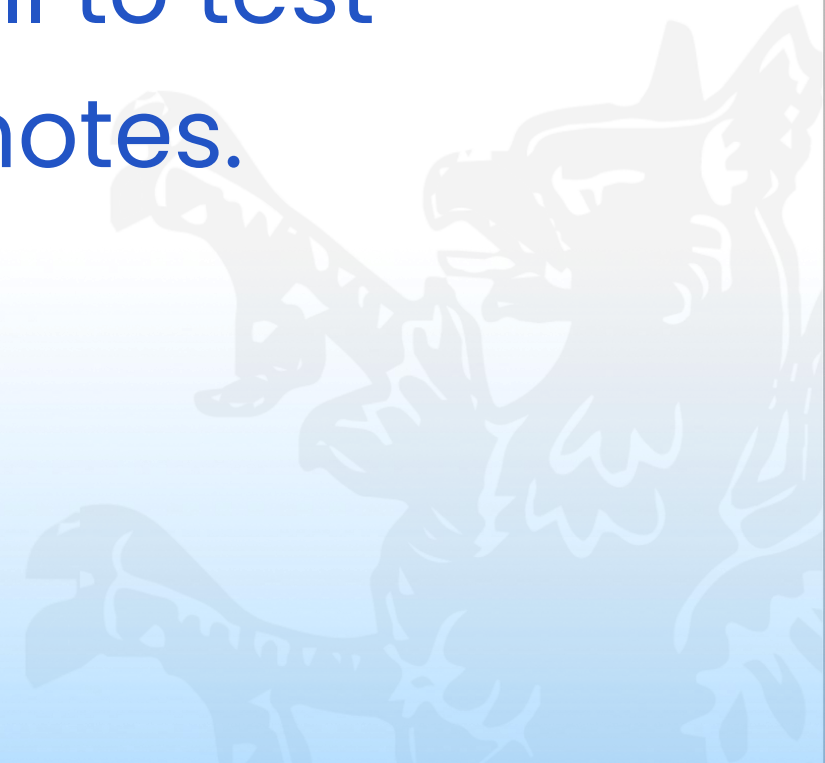


STANLEY HIGH SCHOOL  
SUCCESS FOR ALL



# How does it work?

2. The next day – use active recall to test yourself without looking at your notes.





STANLEY HIGH SCHOOL  
SUCCESS FOR ALL



# How does it work?

3. Three days later – test yourself again. You could try explaining everything to a friend or family member or apply your learning by completing an exam question.





STANLEY HIGH SCHOOL  
SUCCESS FOR ALL



# How does it work?

4. One week later – Keep testing yourself to identify what you are struggling with the most. This is what you must focus on.

This is one strategy that students like you are using to boost their grades.