

# Understanding the 'Interleaving' technique to help you revisit information

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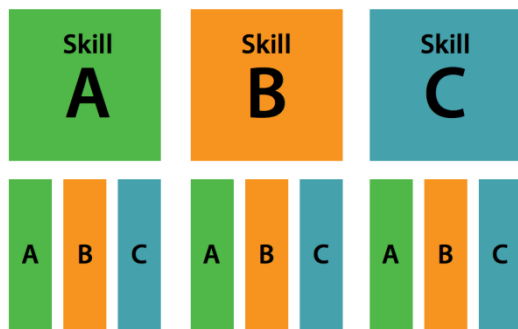
## What is Interleaving?

- **Interleaving** is a method to use when revising, to help you remember more for the exam and to understand it better as well
- It is about what **you do with your time** when revising

## How does Interleaving work?

Learning is spread over time rather than in concentration on narrow topics one after the other.

### Blocking vs Interleaving



Pan (2015) says '**Mixing it up boosts learning**' compared to more traditional methods of block learning where students master one topic before moving on to the next in preparation for exams.

## What are the benefits of Interleaving?

- Strengthens memory recall
- Your brain is continually changing focus and attempting to find different responses to bring into your short-term memory
- By revisiting material from each topic several times, in short bursts, you can increase the amount you remember in the exams.
- Each time you revise information it strengthens your memory recall

## How to apply Interleaving

1. Break units down into small chunks and split these over a few days rather than revising one whole topic all at once
2. Decide on the key topics you need to learn for each subject
3. Create a revision timetable to organise your time and space your learning

**Focus on quality and not quantity- short targeted bursts are more effective**

**Do little and often, and mix it up every day!**