WorkSheet – Spaced Repetition

Directions: Here is a model for how to keep track while you are using spaced repetition to learn something. Use this for the demonstration video for using spaced repetition to remember the face-name pairs you are given. Keep track of how many names you have correct for each delay by putting a check in the box and when you get them all, increase your delay. You may need a few immediate (immed) repetitions at first to get them all correct. Or you could try to do only a few pairs at a time, and then building up from that. For spaced repetition, you can use delay intervals such as: 30 seconds, 1 minute, 2 minutes, 5 minutes, 10 minutes, but the timing is up to you and write it going down in the first column. If you get them all right, go to a longer interval; if you make too many mistakes, decrease your interval. Remember, do something else during the delay – count backwards by 3's, check your email, read the paper. Then try again. Setting alarms in the beginning may help you stay on track. Good luck!

PAIRS

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Delays																	
Immed																	
30 sec																	