

SSC Study Strategies: Spaced Review

A Spaced Review is an approach to learning and studying that incorporates familiarizing yourself with material before class, reviewing material after class, and using regular cumulative review on weekends to synthesize and integrate materials. By using spaced review, you will be able to begin learning and understanding material while it is fresh in your mind. You will also begin to build a broad conceptual framework before you attempt to memorize details, and you will be able to prioritize your time and energy on material that is particularly challenging and difficult, rather than focusing on what you already know.

In order for spaced review to be effective, it must be done consistently, include both preparing for and reviewing information presented in class, and incorporate active study methods such as quizzing to determine what you don't know before you begin to study.

View the outline below for what a spaced review might look like.

Before Class (should take ~30 minutes)

- Prepare for lecture by scanning terminology, relating subheadings to headings, explaining charts and diagrams, and developing questions about things you don't know or don't understand.

Immediately After Class (should take ~5 minutes)

- Complete a five-minute “recap” of what happened in class
- Mark important information in your notes
- Make notes about what you need to review
- Get clarification on confusing information

After Class (that evening, should take ~1 hour)

- Begin quizzing—find out what you don't know (you can use objectives for this)
- Begin answering/addressing what you don't know
- Begin integrating information from text with information presented in class (and clinical)
- Figure out what you still don't understand
- Begin preparing for the next day's class

At the End of the Week (takes ~2 hours)

- Integrate information from across lectures
- Quiz—objectives, figures/diagrams, prepared quizzes
- Focus on the concepts that you don't understand or that are still giving you difficulty