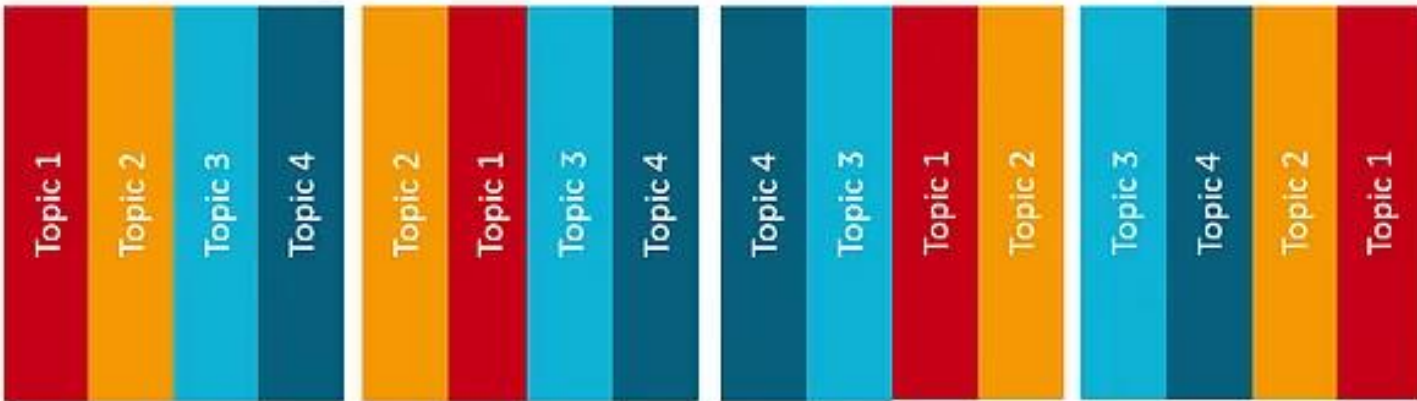


# Interleaving effectively

## Blocking



## Interleaving



LOs:

- To understand what is meant by the term interleaving.
- To apply interleaving through the use of a simple study resource.

# A brief introduction to interleaving:

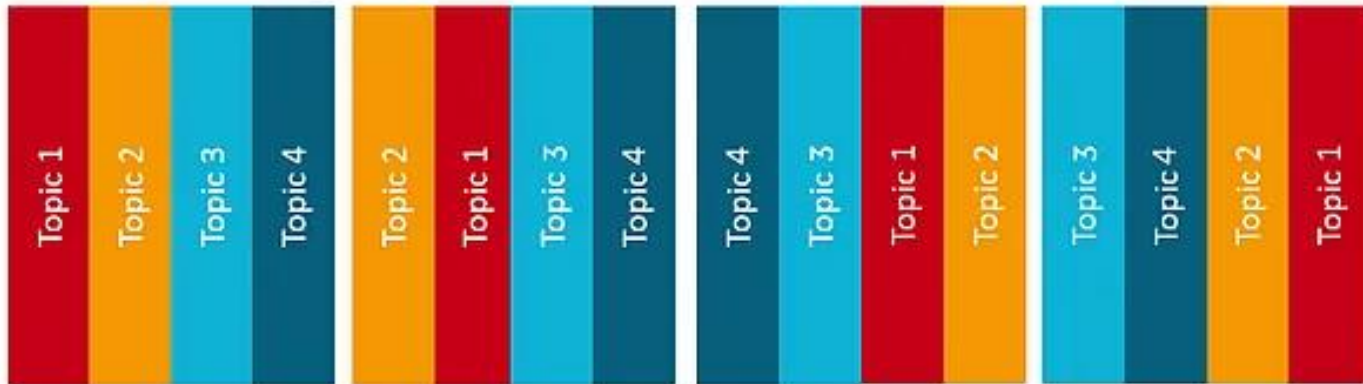
- Where learners alternate between different topics or modules within a single study session.
- This may seem counter-intuitive, however it enables you to:
  - Build up core knowledge across multiple areas.
  - Prevent boredom from creeping in – don't over-do a single subject!
- Multiple studies have shown that this process (instead of blocked studying) has a significant impact on memory and effectiveness of learning.

# Why interleave?

## Blocking

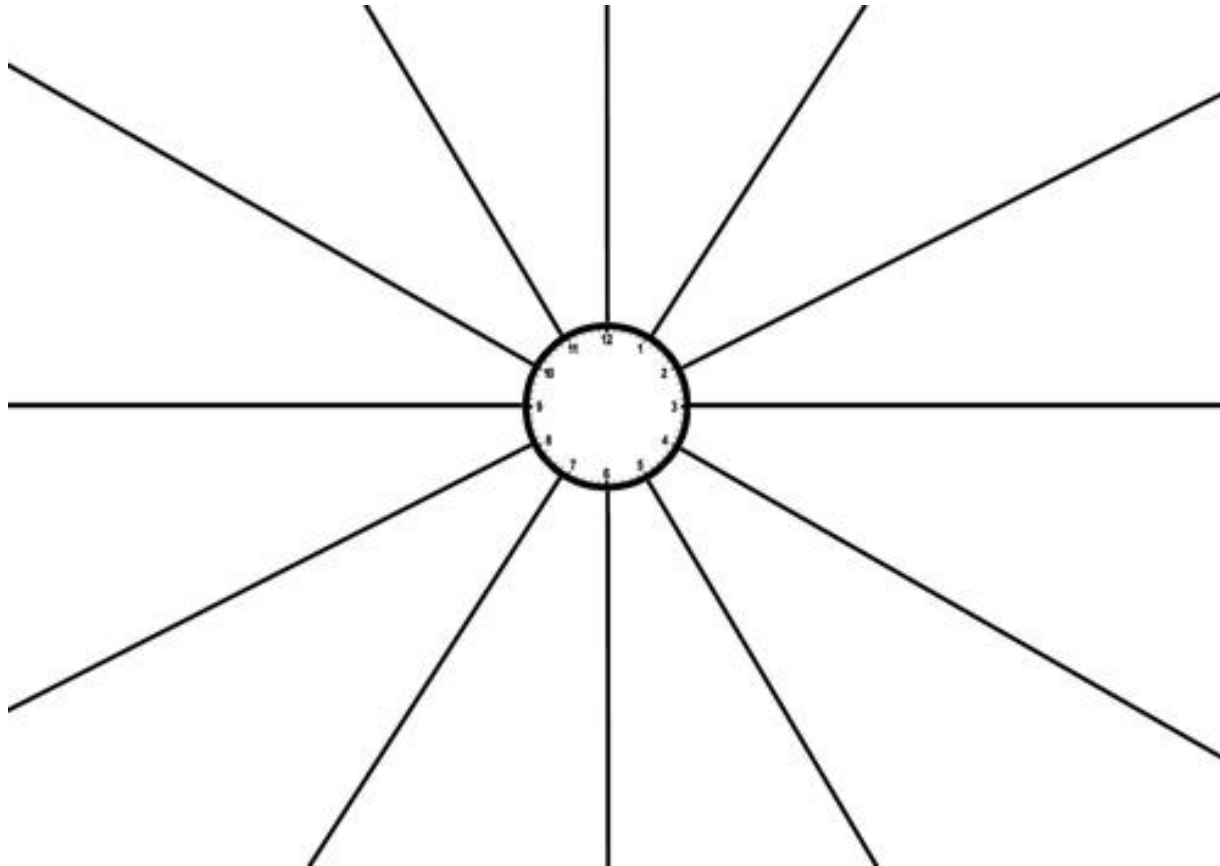


## Interleaving



- 1) **It reduces cognitive loads** – by switching focus it prevents you from overburdening your working memory.
- 2) **It increases the difficulty level** into the “Goldilocks zone” – it makes things just right in terms of challenge.
- 3) If used through memory challenges, **it encourages retrieval** which strengthens memory.
- 4) It forces our brains to swap between different topics, much like you’ll have to do in the exams.

# Utilising study clocks to practice spaced retrieval:



- A retrieval study clock forces you to cover a range of topics and issues.
- Divide the segments into different subjects or topics within subjects.
- After the allocated amount of time, switch to the next.
- The amount of time can change depending on your circumstance – it is all meaningful!
- Make sure that you check and correct misconceptions and misunderstanding.

1. Sources of the UK Constitution

2. Causes of conflict between 1625-29

3. Philosophical views of Plato

4. Historic milestones in development of EU

5. The Russo-Japanese War

6. Philosophical views of Aristotle

7. Functions of democracy in UK

8. Stolypin

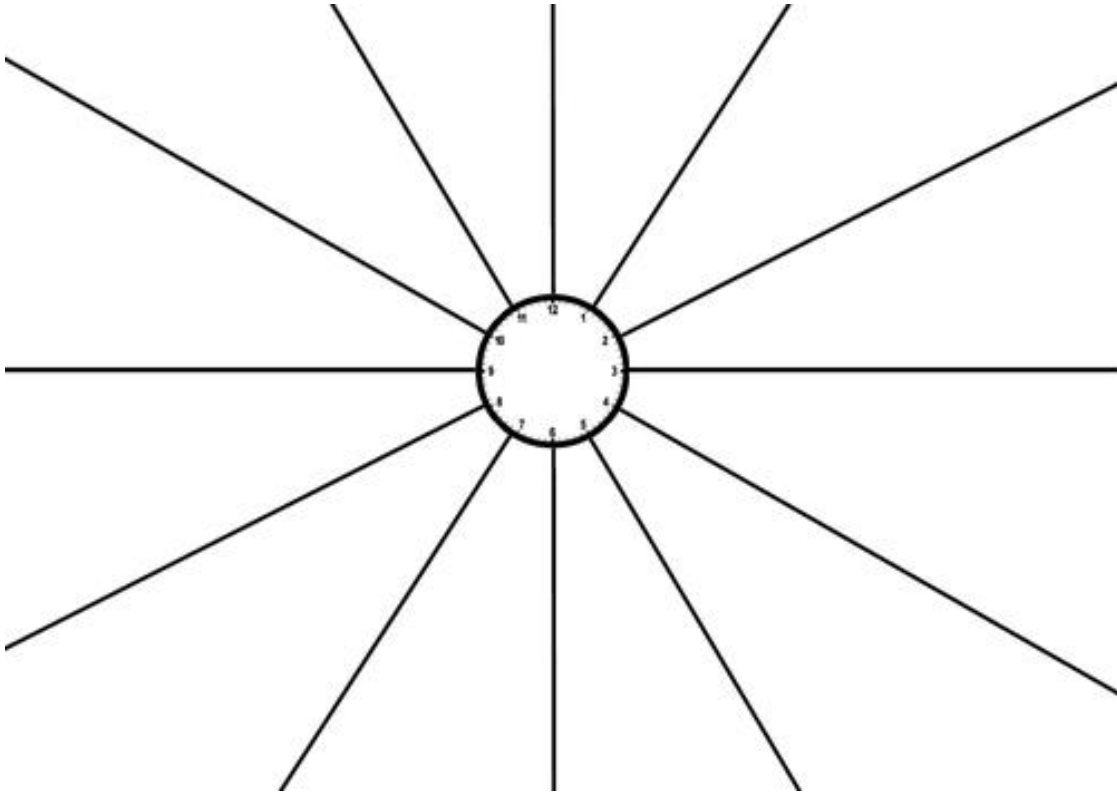
9. Teleological argument

10. Types of committee in Parliament

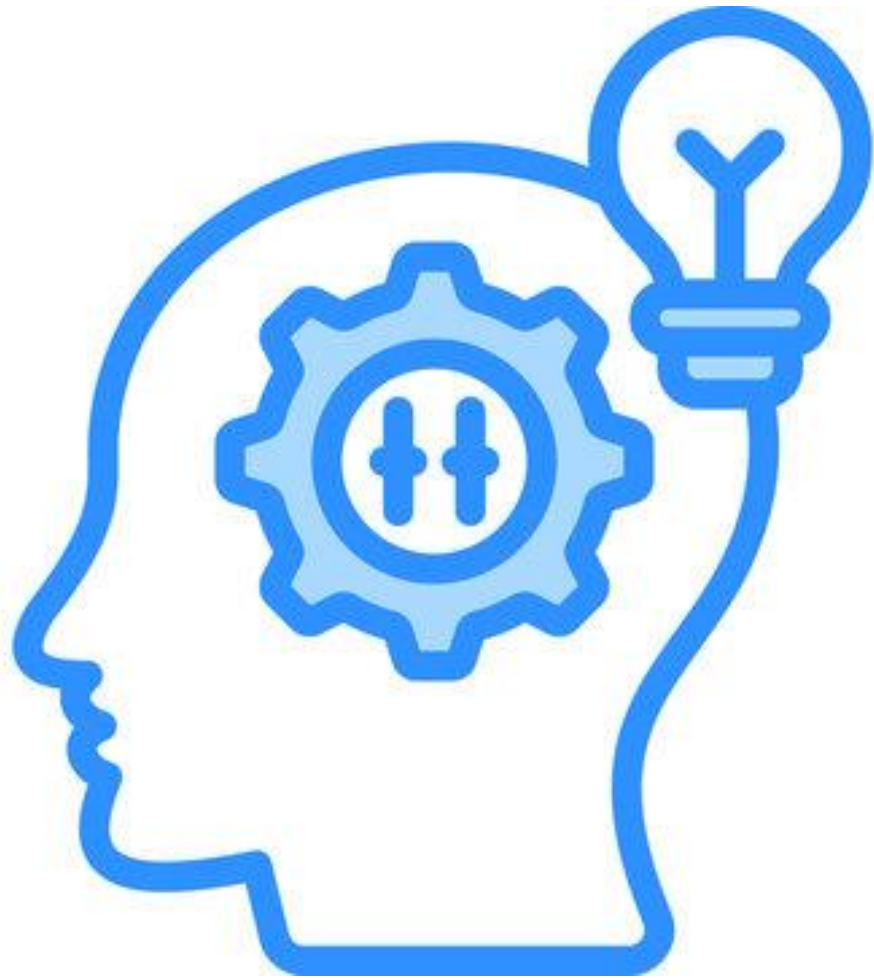
11. Cromwell's role in survival of non-conformity

12. Aquinas' four tiers of law

# Create and complete a study “clock” from memory – you should spend 1 minute on each slot.



1. Sources of the UK Constitution	2. Causes of conflict between 1625-29	3. Philosophical views of Plato	4. Historic milestones in development of EU	5. The Russo-Japanese War	6. Philosophical views of Aristotle
7. Functions of democracy in UK	8. Stolypin	9. Teleological argument	10. Types of committee in Parliament	11. Cromwell's role in survival of non-conformity	12. Aquinas' four tiers of law



## Reflection:

- 1) What is this technique making you do as a student?
- 2) What was challenging about it?
- 3) How could you see it being useful?