ACTIVE RECALL AND SPACED REPETITION

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WHAT IS ACTIVE RECALL?

Let's start with what its not:

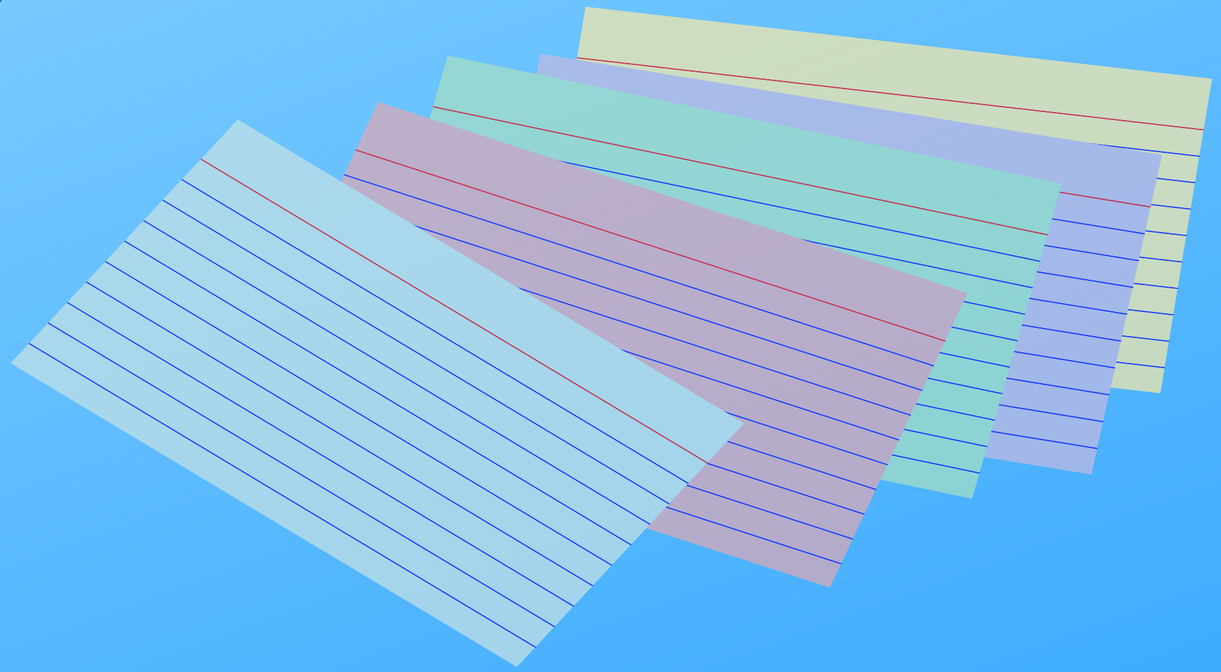
- passively reading notes
- highlighting notes
- rewriting notes

Active recall is an efficient form of studying that actively stimulates the memory whilst learning.

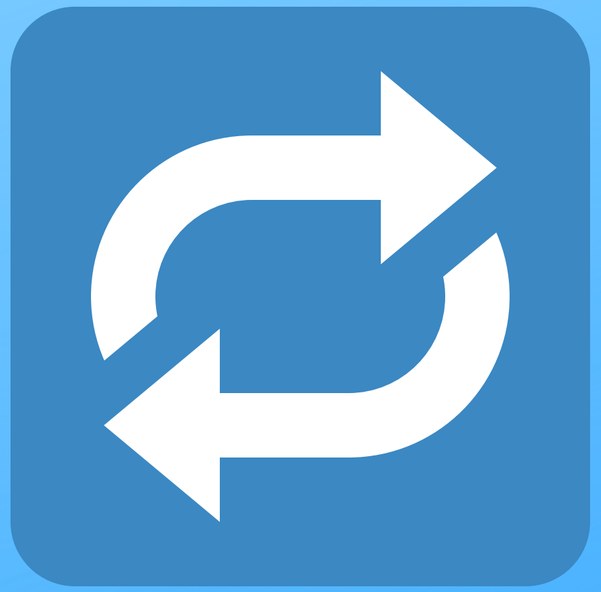
It contrasts with passive review, in which the learning material is processed passively.

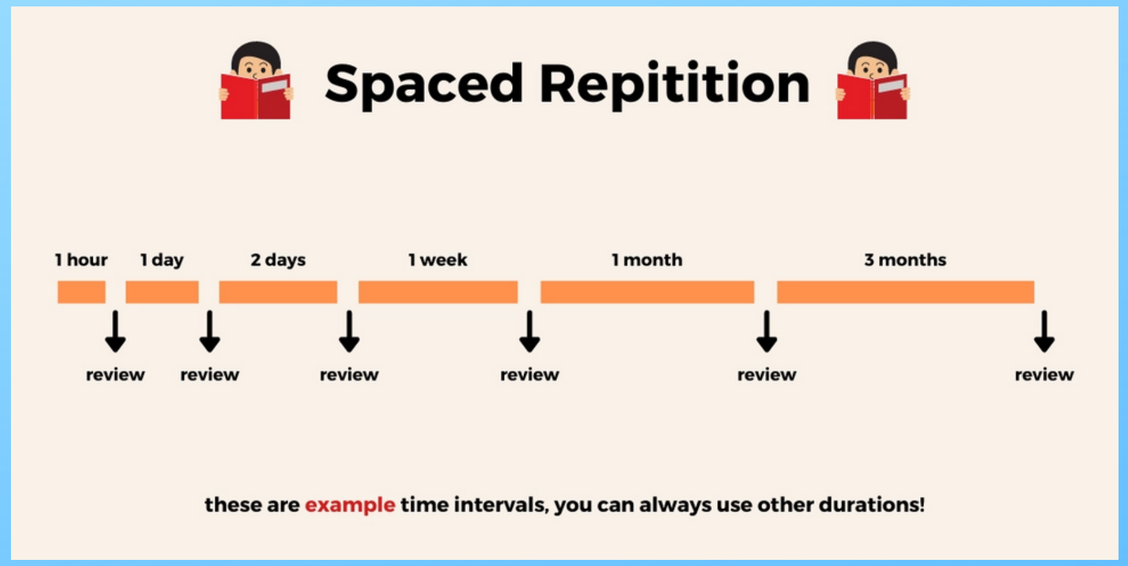
FLASHCARDS

GREAT EXAMPLE OF HOW TO INCORPORATE ACTIVE RECALL INTO STUDYING



WHAT IS SPACED REPETITION?





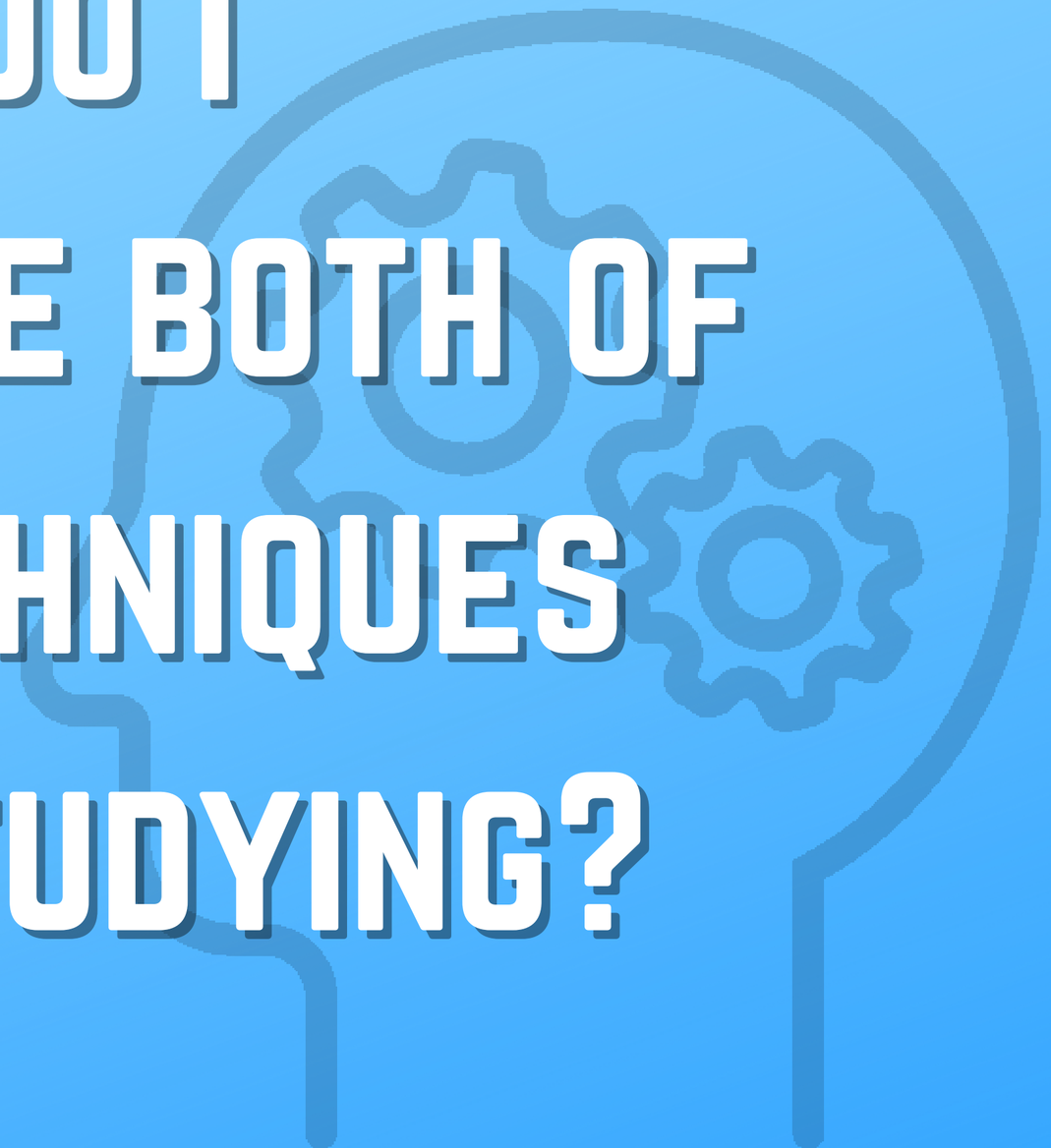
Newly introduced and more difficult information is shown more frequently, while older and less difficult information is shown less frequently in order to exploit the psychological spacing effect.

This method leads to long-term retention which is what we should aim for in our learning.

How would you go about using spaced repetition?

- some people use excel sheets to track subjects they are studying

HOW DO I INCORPORATE BOTH OF THESE TECHNIQUES INTO MY STUDYING?



ANKI

Anki is a free and open-source flashcard program using spaced repetition, a technique for fast and long-lasting memorization.

What I do is make flashcards and organise them according to my study units. As I go through the year I do the cards of specific lectures I would be attending.

You can download it on their website and there are numerous videos on youtube that explain how to use the various settings.

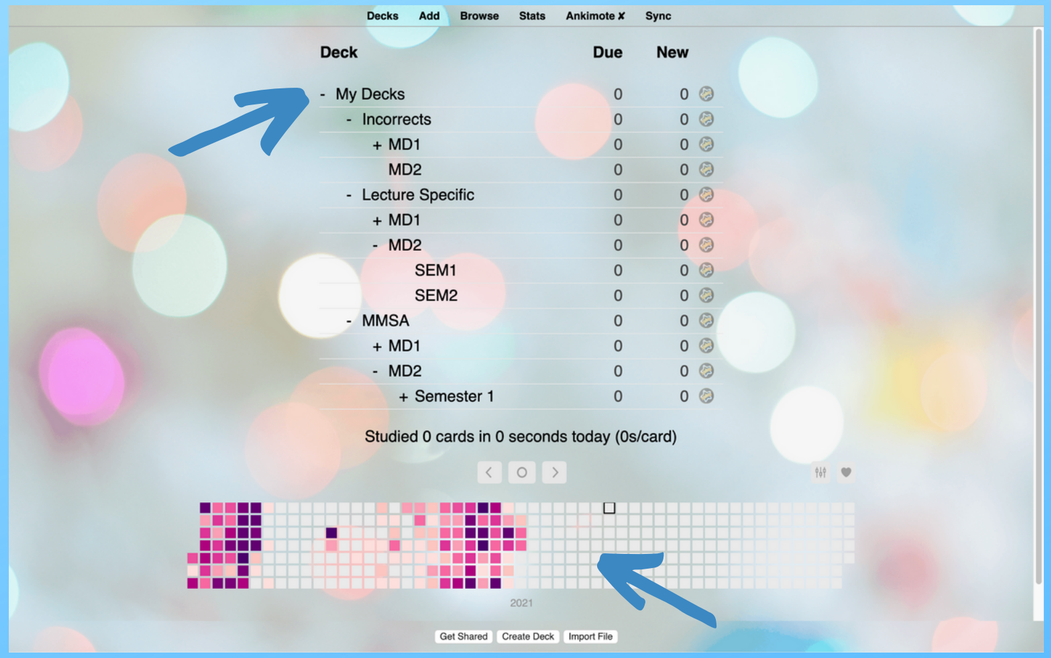
I'm going to give a brief overview.

Cards are split into decks - you can organise them however you like

There are two columns: due and new. These will each have numbers representing the new cards for the day and the due cards for the day. The new cards are ones that have never been studied before and the due ones are the ones you must complete that day. The due are determined by how well you knew the card when you were studying it.

Standard Dashboard

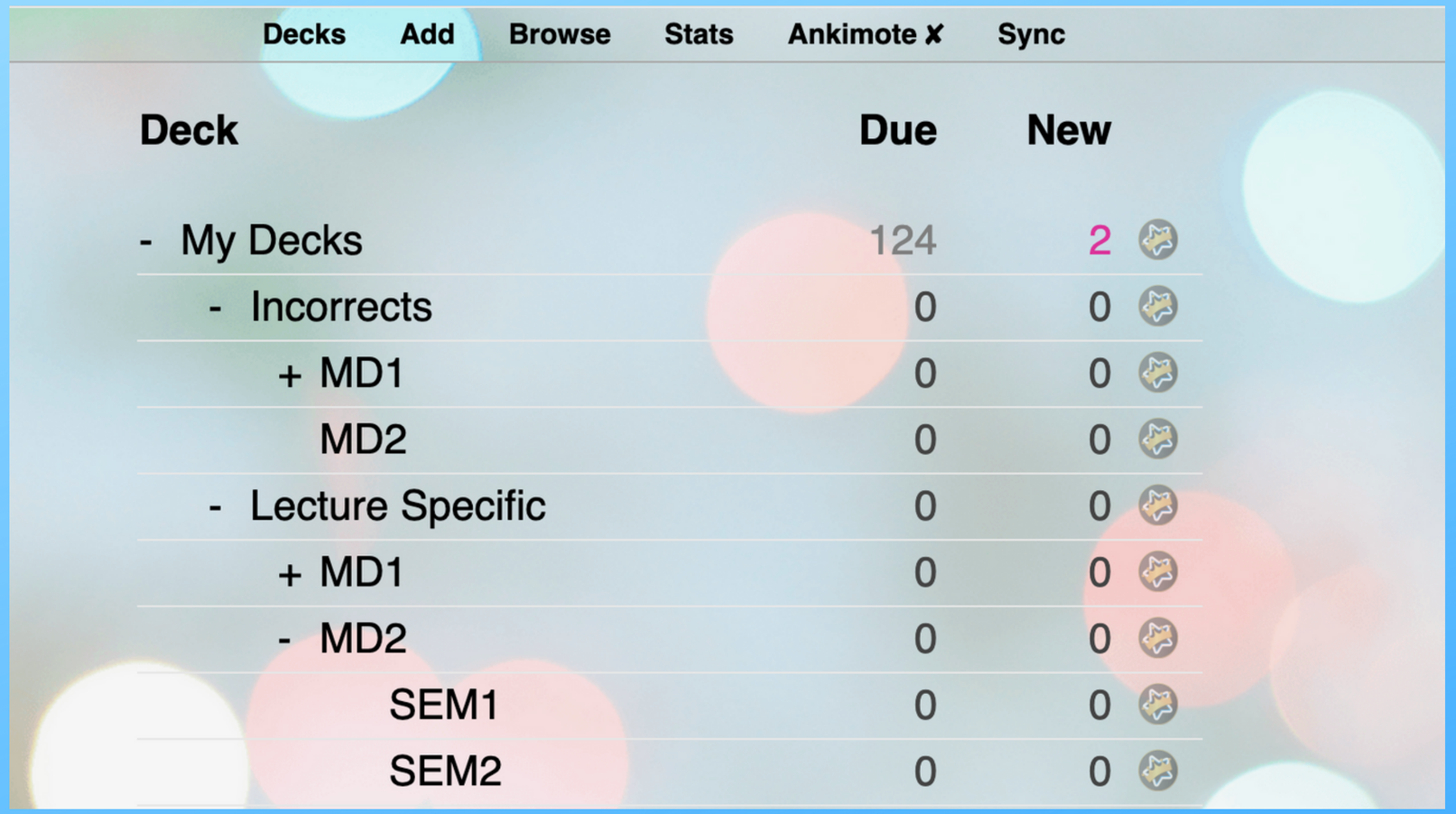
MY DASHBOARD



One master deck divided into sub-decks - facilitates my studying as I only click "My decks" and I will be able to do all my cards

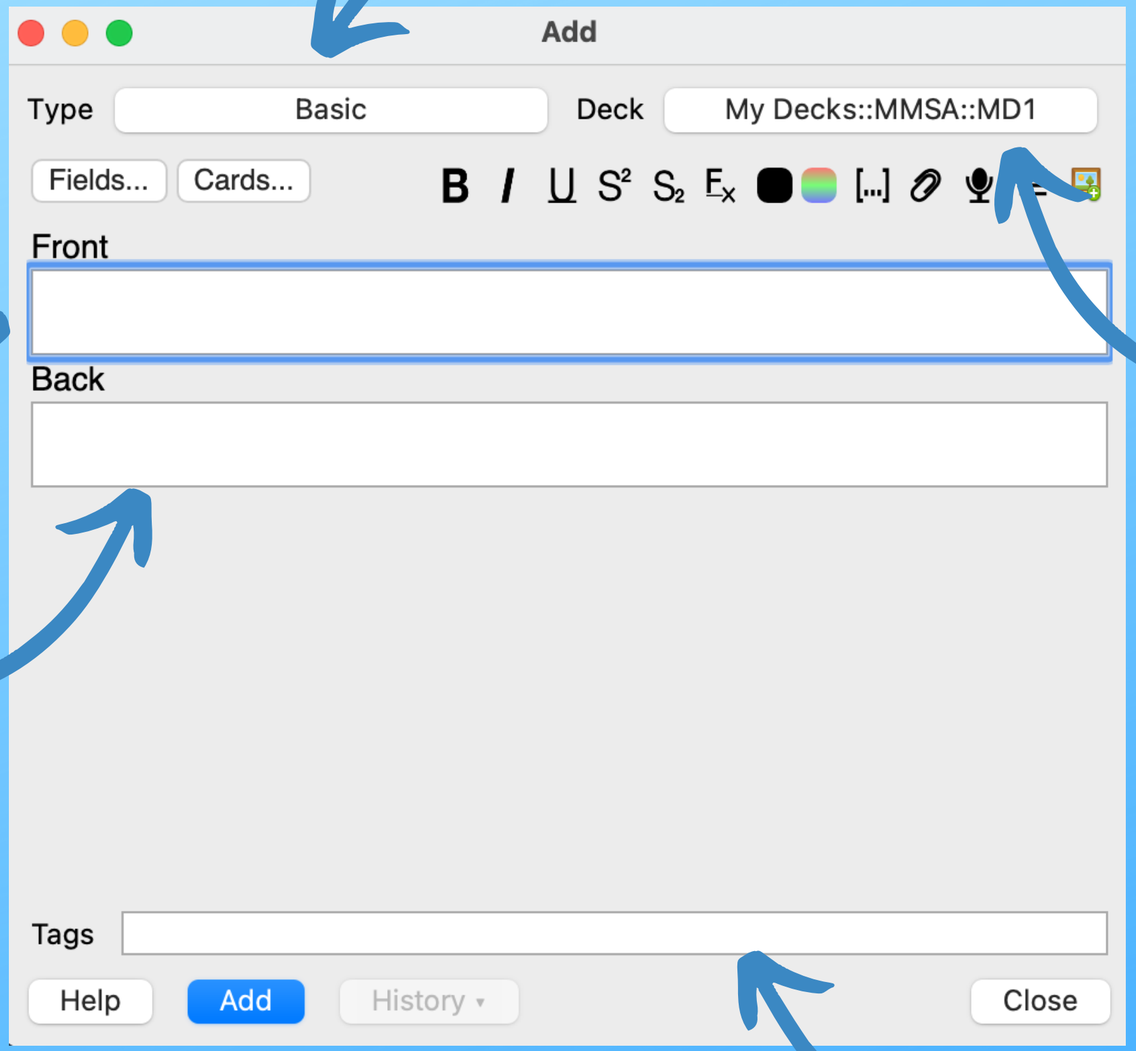
I have an add on at the bottom that allows me to see my progress everyday.

MAKING A CARD



CHANGE TYPE OF CARD

FRONT OF FLASHCARD

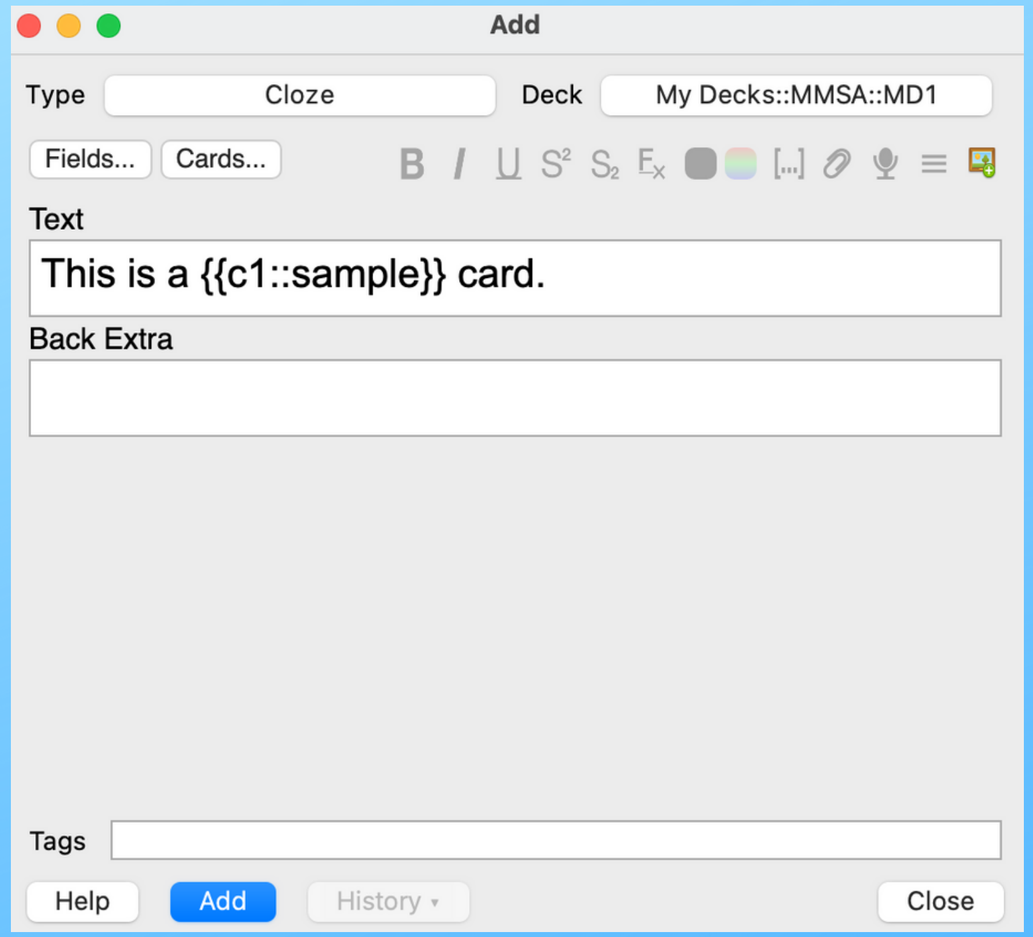


CHANGE DECK

BACK OF FLASHCARD

ADD TAGS TO FIND THEM EASIER LATER

TYPES OF CARDS I USE:



CLOZE DELETION

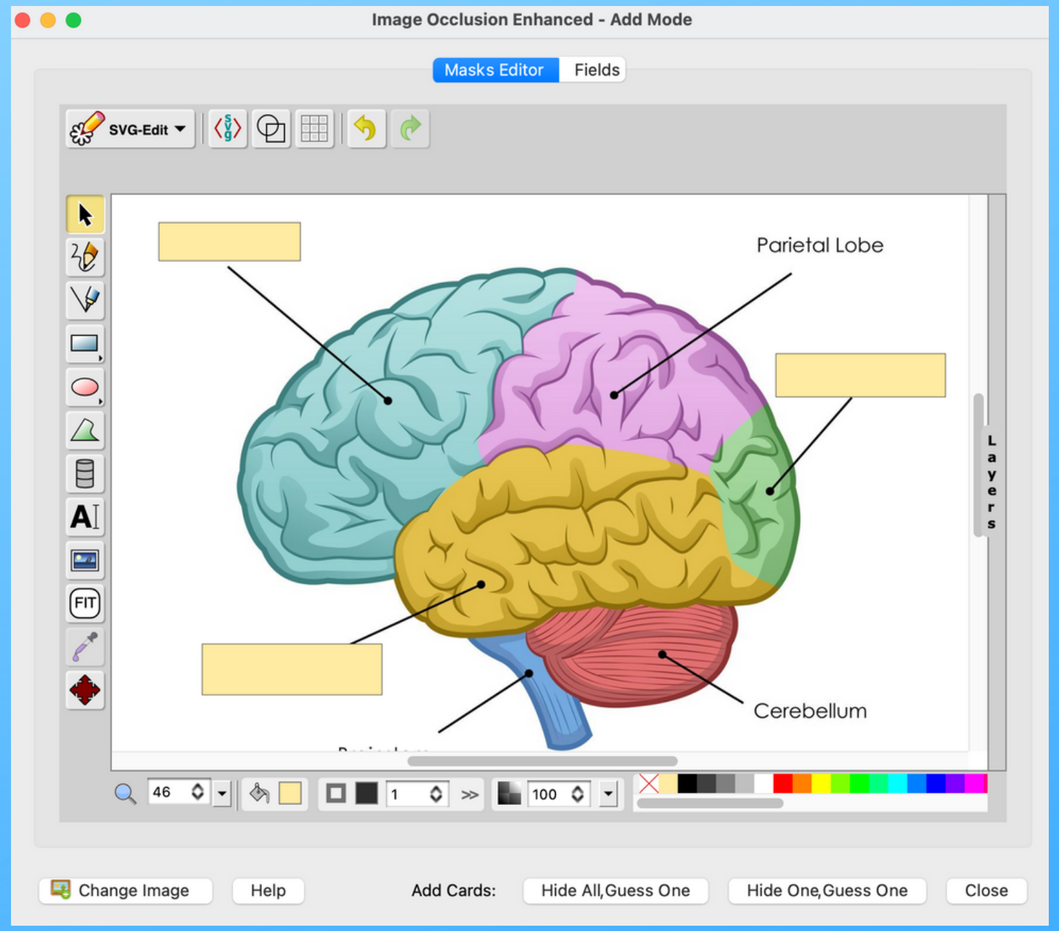
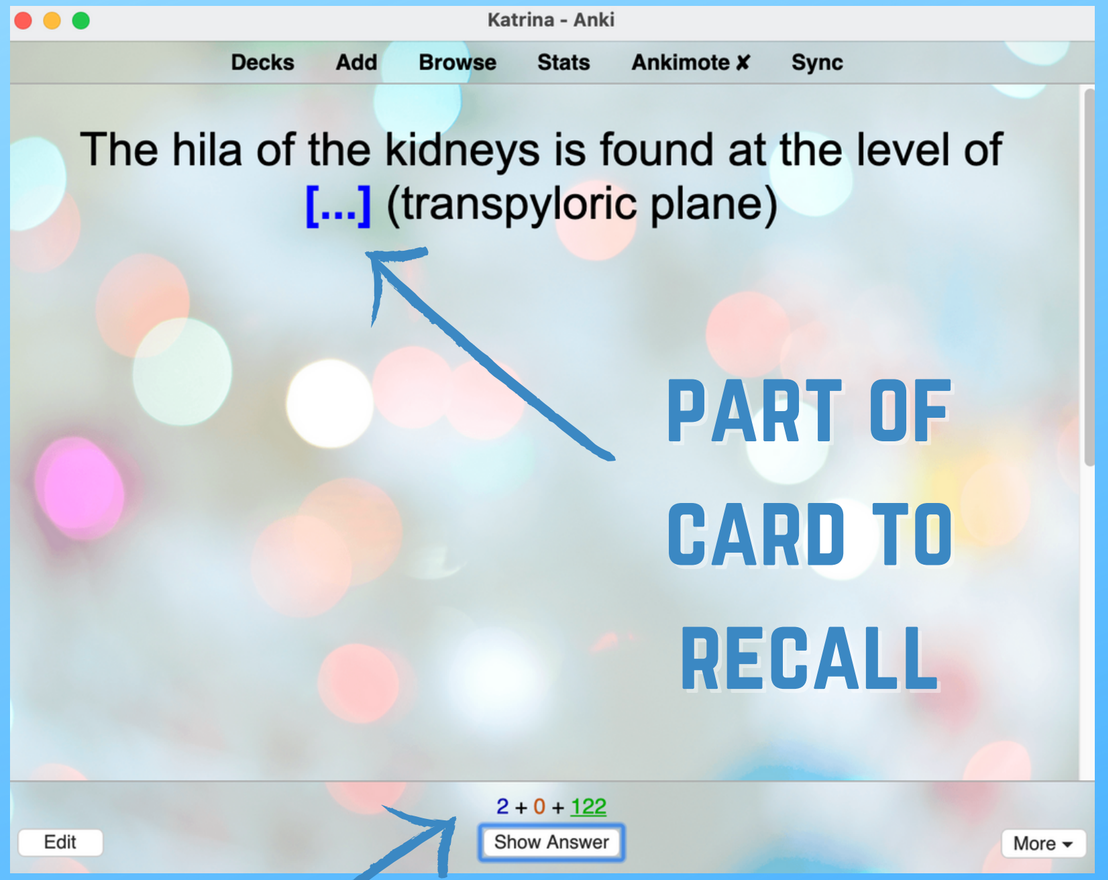


IMAGE OCCLUSION

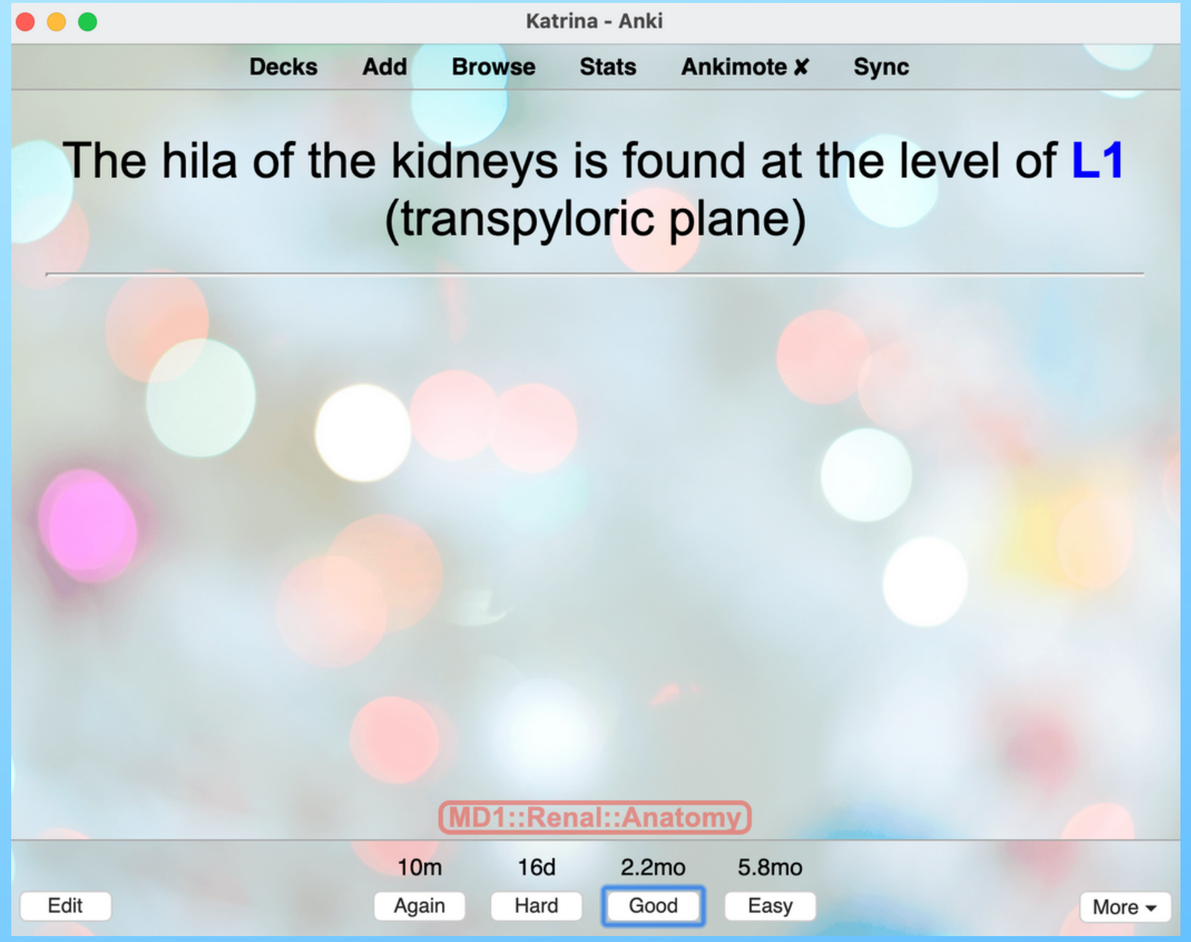
LEARNING THE CARDS



PART OF CARD TO RECALL

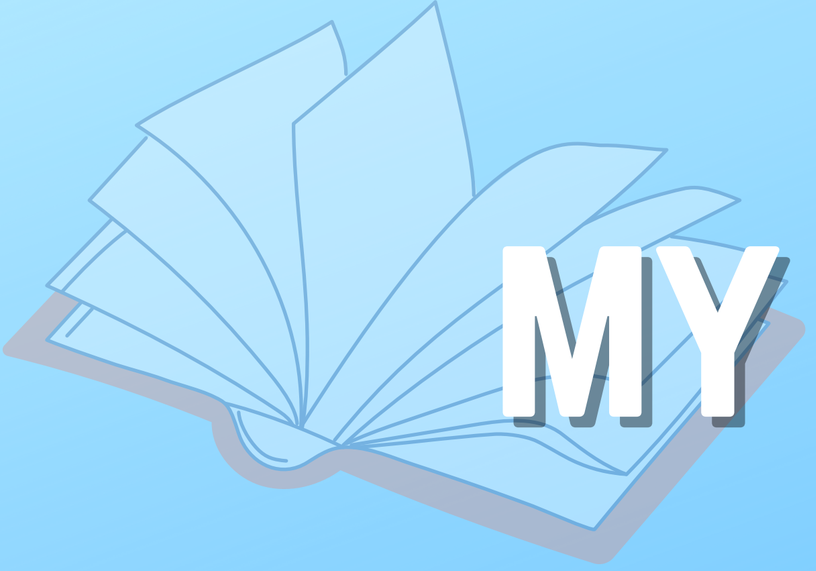
NUMBER OF DUE AND NEW LEFT

PRESSING THE SPACE BAR WILL REVEAL THE ANSWER TO THE CARD



CLICK THE DIFFERENT BUTTONS ACCORDING TO HOW WELL THE ANSWER WAS RECALLED

ANKI INCORPORATES SPACED REPETITION INTO YOUR STUDYING FOR YOU



MY TESTIMONIAL

As a first year medical student, ANKI helped me a lot with all the memory work I had to do for my exams. I truly believe that the lectures and topics I studied using ANKI were the ones I did the best in and knew with the most detail. After seeing how ANKI facilitated my studying and my growing knowledge expressed in my exam results, I will always recommend this programme for anyone that wants to try active recall.

Thank you!