

ACTIVE RECALL AND SPACED REPETITION

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WHAT IS ACTIVE RECALL?



LET'S START WITH WHAT ITS NOT:

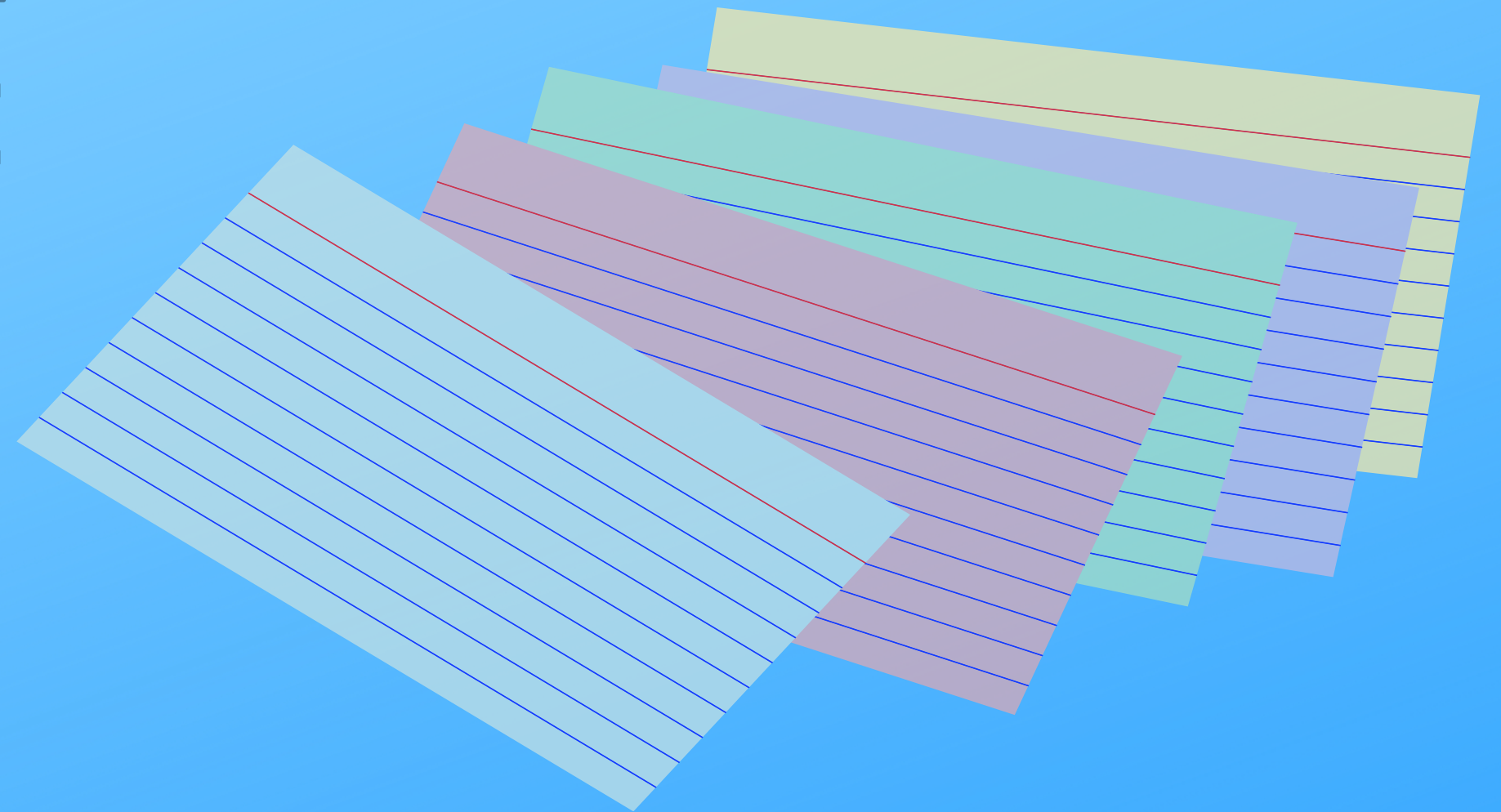
- PASSIVELY READING NOTES
- HIGHLIGHTING NOTES
- REWRITING NOTES

ACTIVE RECALL IS AN EFFICIENT FORM OF STUDYING THAT ACTIVELY STIMULATES THE MEMORY WHILST LEARNING.

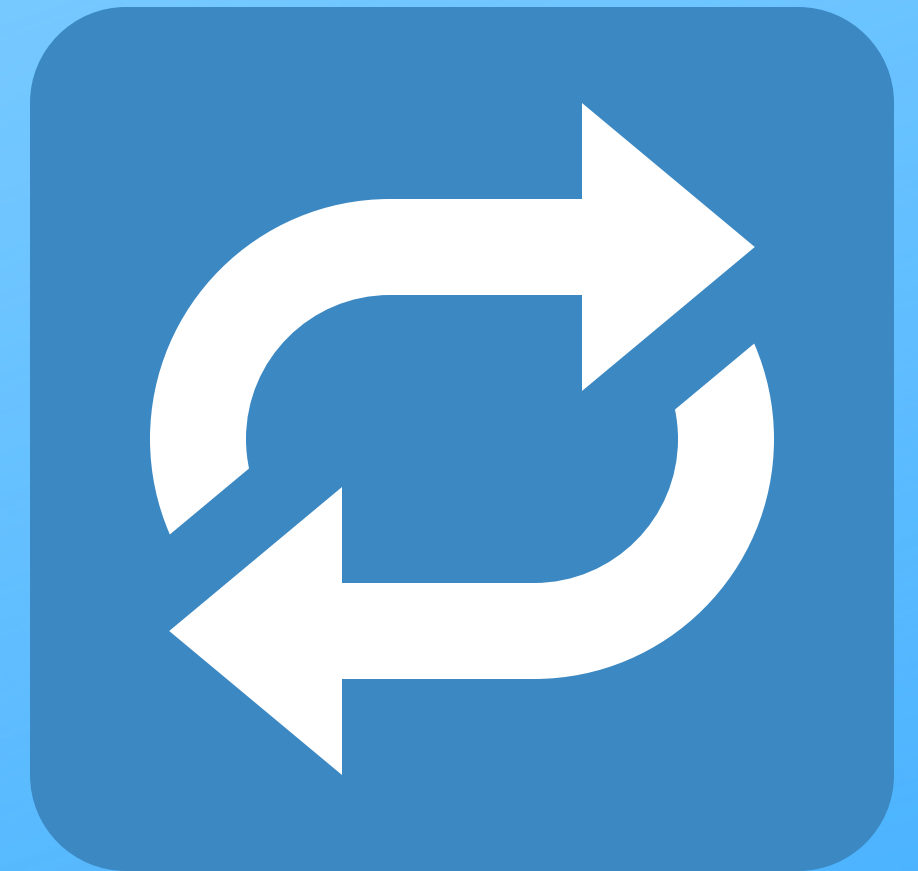
IT CONTRASTS WITH PASSIVE REVIEW, IN WHICH THE LEARNING MATERIAL IS PROCESSED PASSIVELY.

FLASHCARDS

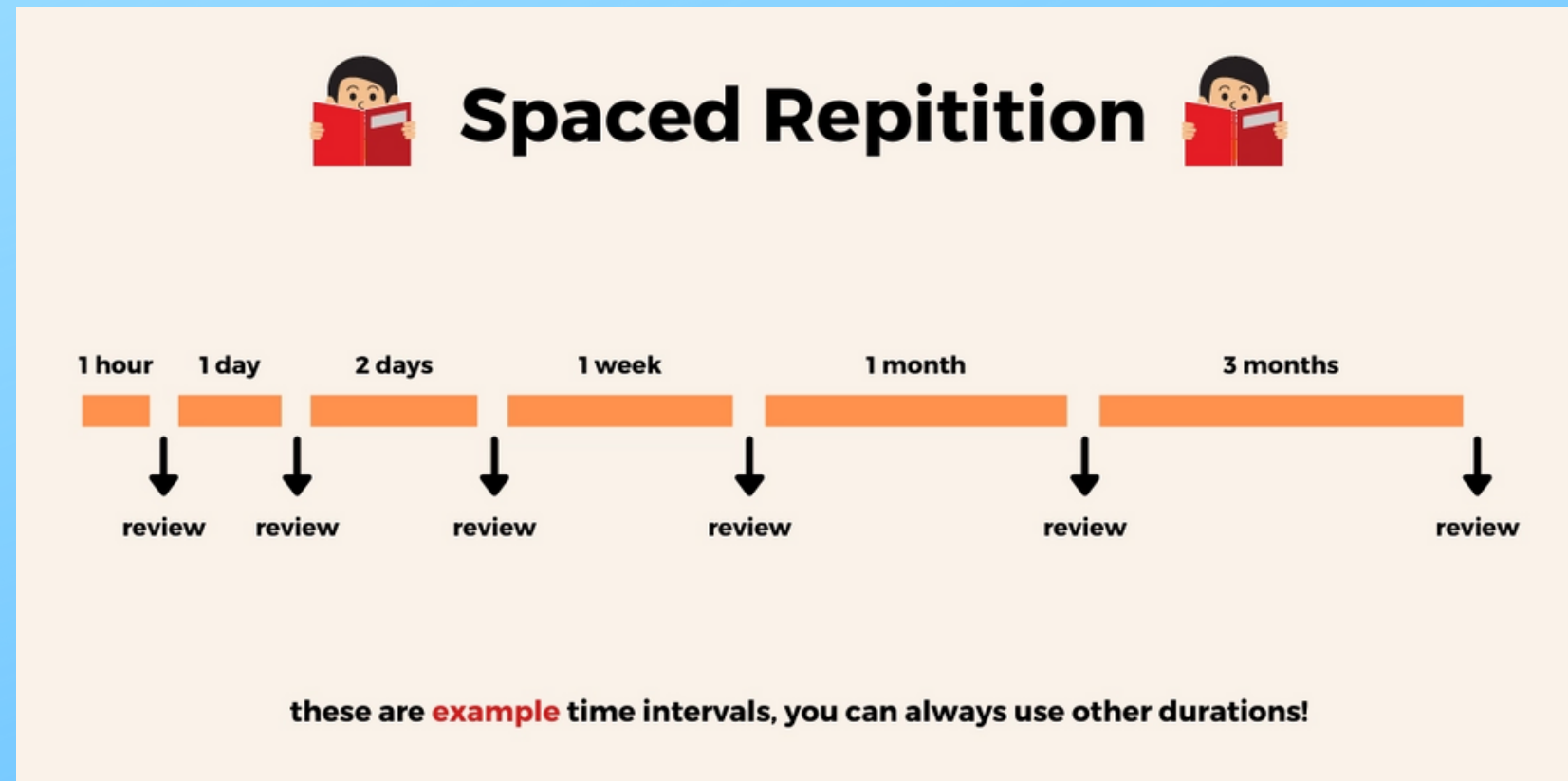
GREAT EXAMPLE OF HOW
TO INCORPORATE ACTIVE
RECALL INTO STUDYING



**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.

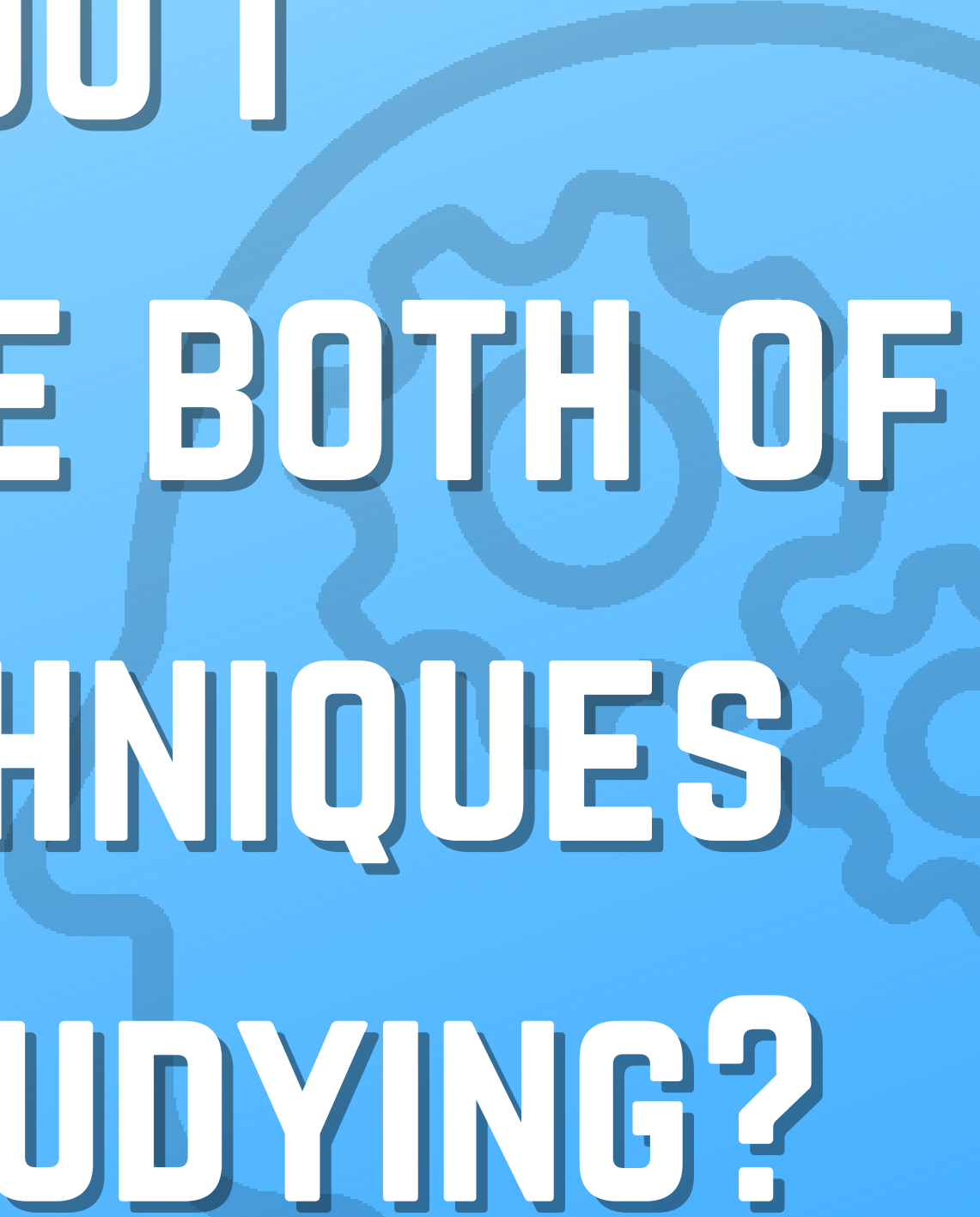


THIS METHOD LEADS TO LONG-TERM RETENTION WHICH IS WHAT WE SHOULD AIM FOR IN OUR LEARNING.

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.

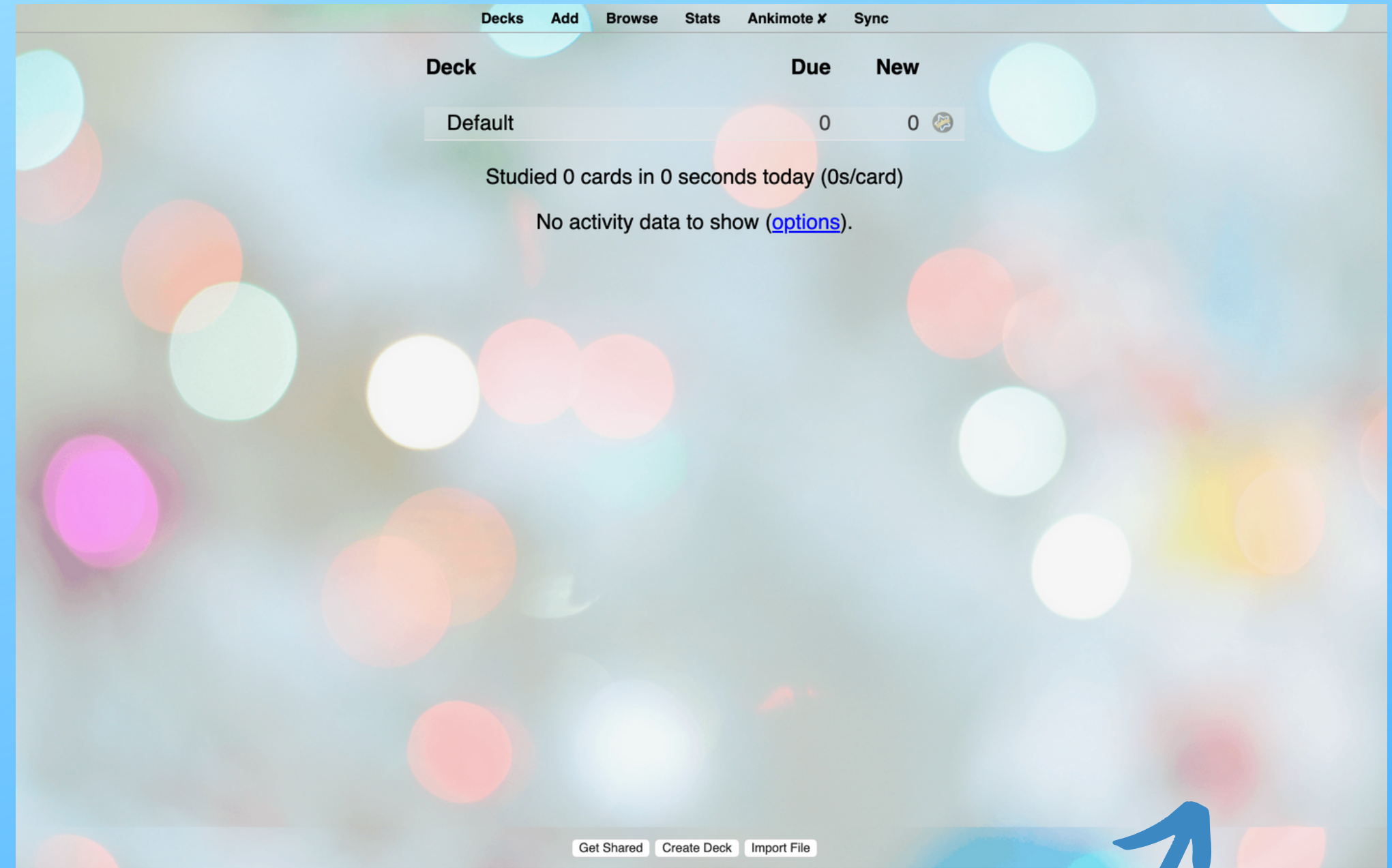
WHAT I DO IS MAKE FLASHCARDS AND ORGANISE THEM ACCORDING TO MY STUDY UNITS. AS I GO THROUGH THE YEAR I DO THE CARDS OF SPECIFIC LECTURES I WOULD BE ATTENDING.

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.

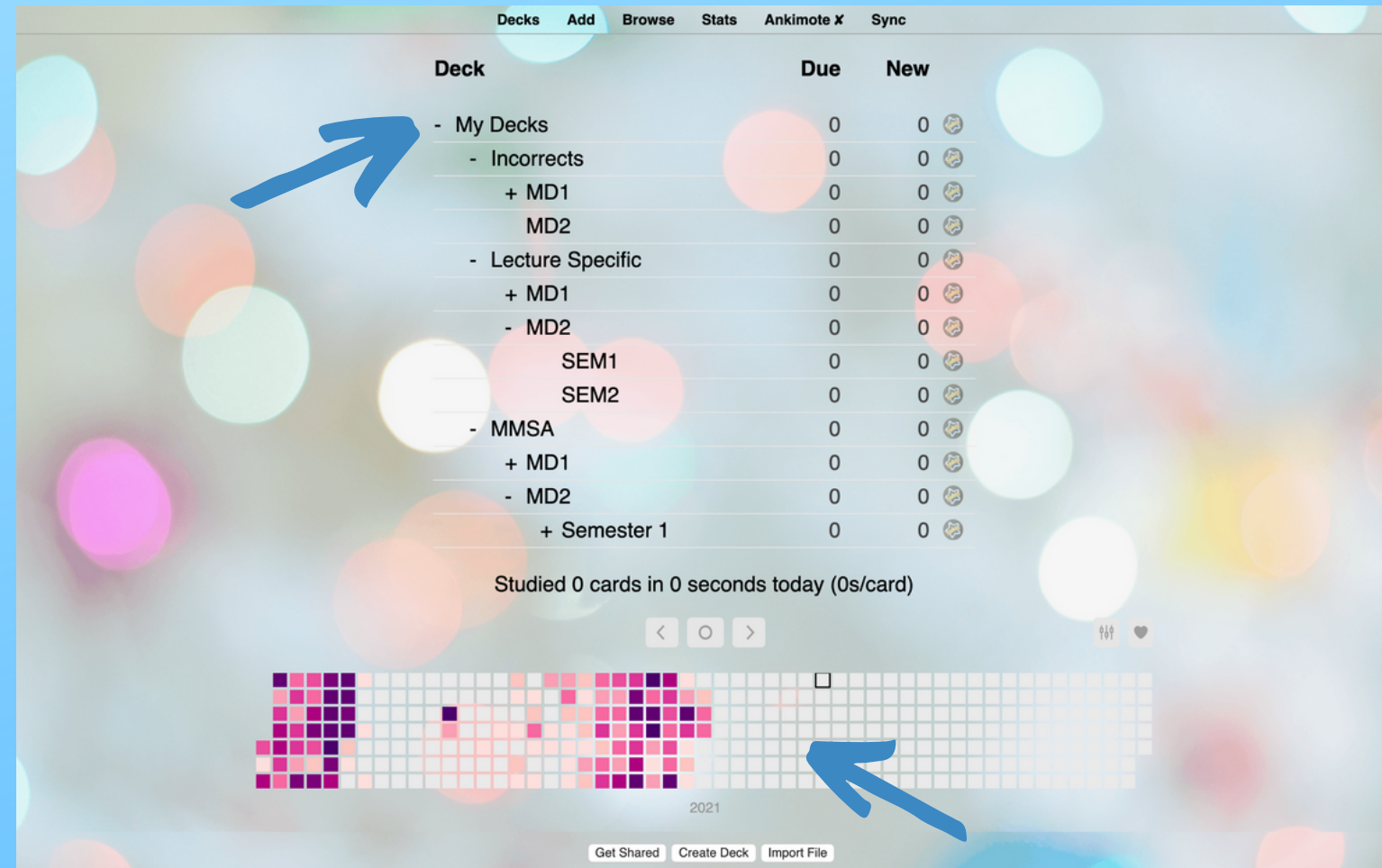
CARDS ARE SPLIT INTO DECKS - YOU CAN ORGANISE THEM HOWEVER YOU LIKE

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

Decks	Add	Browse	Stats	Ankimote X	Sync
Deck			Due	New	
- My Decks			124	2	
- Incorrects			0	0	
+ MD1			0	0	
MD2			0	0	
- Lecture Specific			0	0	
+ MD1			0	0	
- MD2			0	0	
SEM1			0	0	
SEM2			0	0	

**FRONT OF
FLASHCARD**

**BACK OF
FLASHCARD**

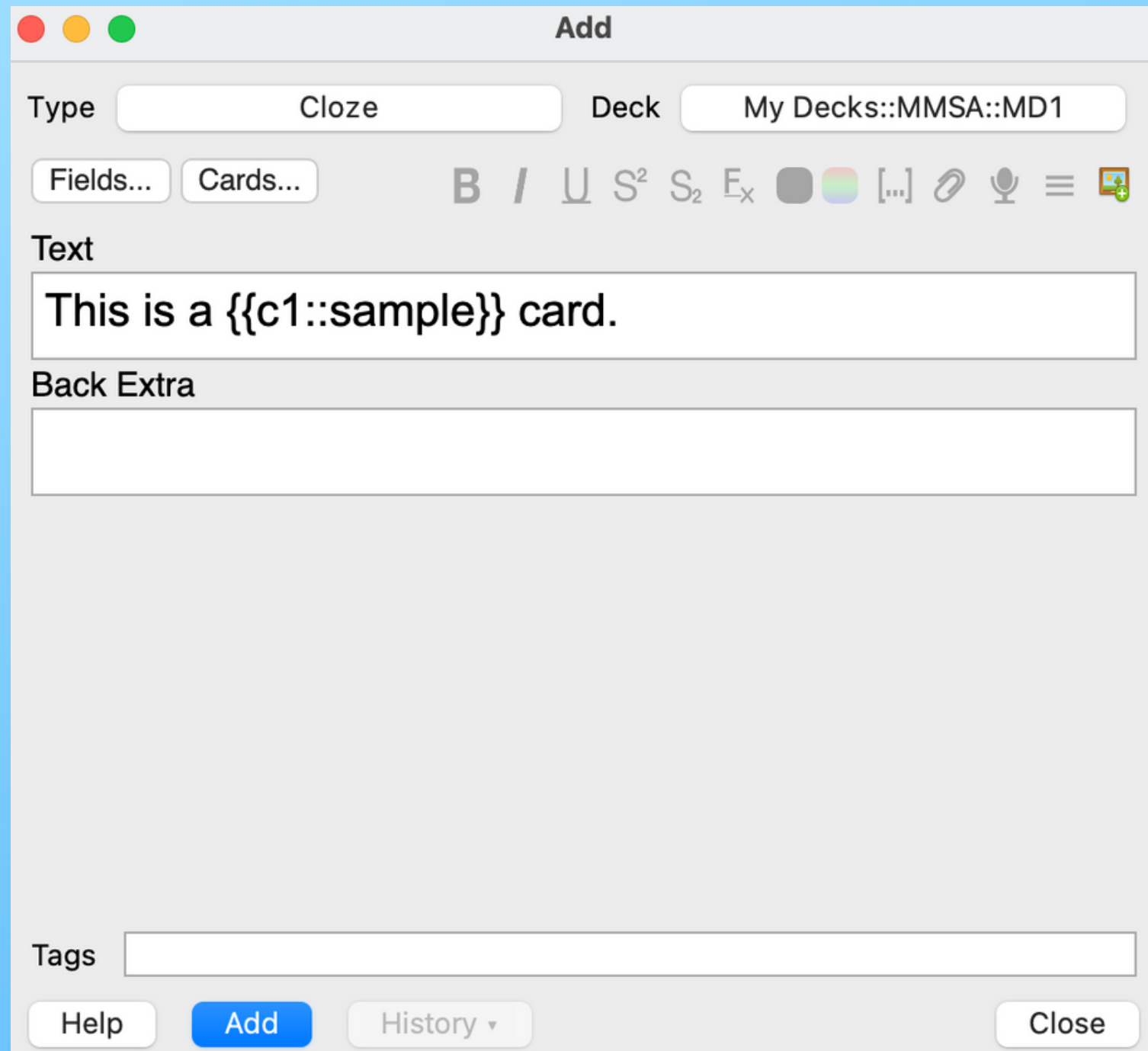
CHANGE TYPE OF CARD

CHANGE DECK

**ADD TAGS TO FIND
THEM EASIER LATER**

The image shows a screenshot of the 'Add' window in the Anki software. The window has a title bar with three colored buttons (red, yellow, green) and the text 'Add'. Below the title bar, there are two dropdown menus: 'Type' set to 'Basic' and 'Deck' set to 'My Decks::MMSA::MD1'. Below these are two buttons: 'Fields...' and 'Cards...'. A rich text editor toolbar is visible with icons for bold (B), italic (I), underline (U), strikethrough (S²), subscript (S₂), subscript (E_x), a black circle, a rainbow circle, a menu icon ([...]), a link icon, a microphone icon, and a plus icon. Below the toolbar are two text input fields: 'Front' and 'Back'. At the bottom of the window is a 'Tags' input field. The bottom bar contains four buttons: 'Help', 'Add' (highlighted in blue), 'History' with a dropdown arrow, and 'Close'. Blue arrows point from external text labels to these specific elements: 'FRONT OF FLASHCARD' points to the 'Front' field, 'BACK OF FLASHCARD' points to the 'Back' field, 'CHANGE TYPE OF CARD' points to the 'Type' dropdown, 'CHANGE DECK' points to the 'Deck' dropdown, and 'ADD TAGS TO FIND THEM EASIER LATER' points to the 'Tags' field.

TYPES OF CARDS I USE:



CLOZE DELETION

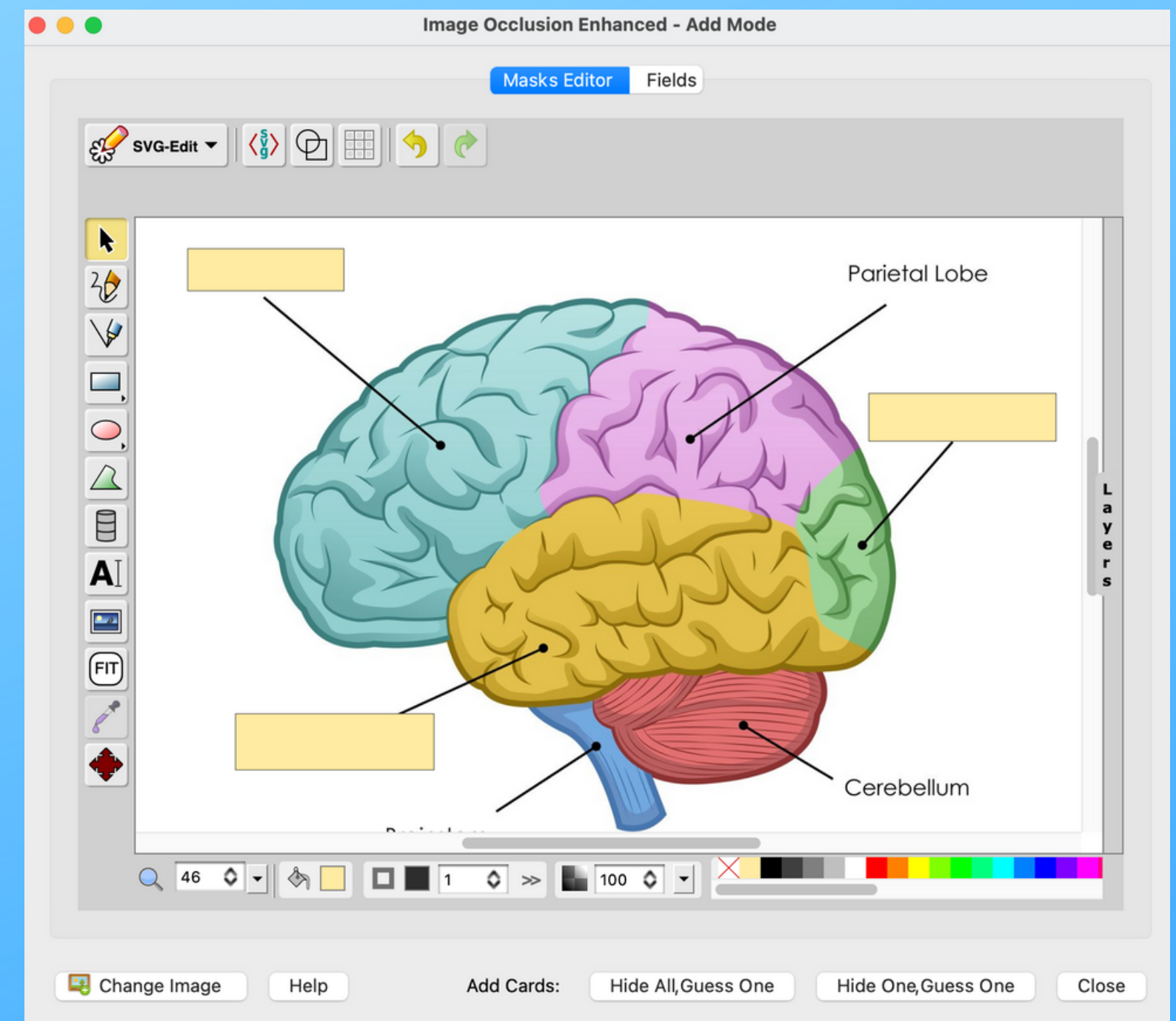
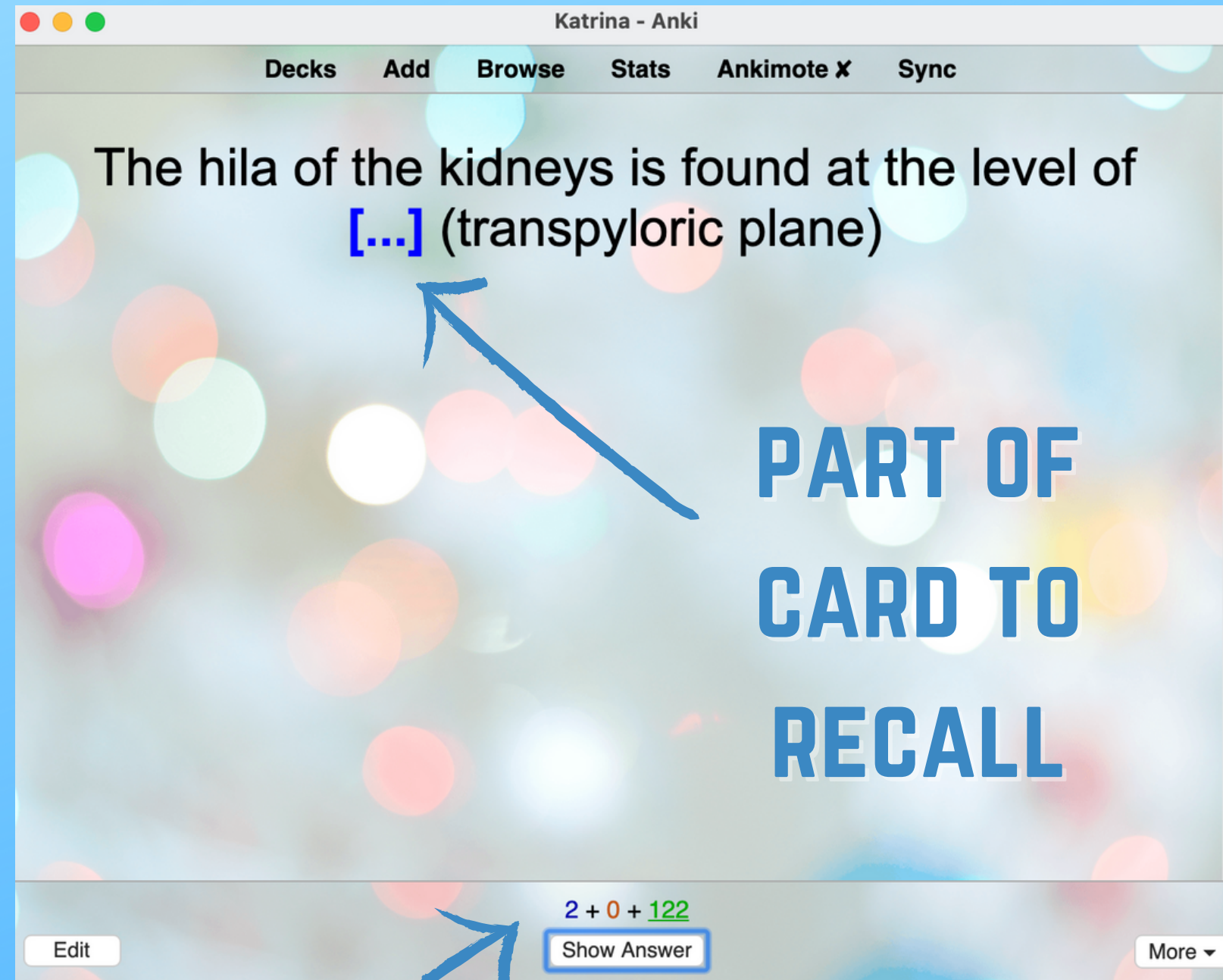


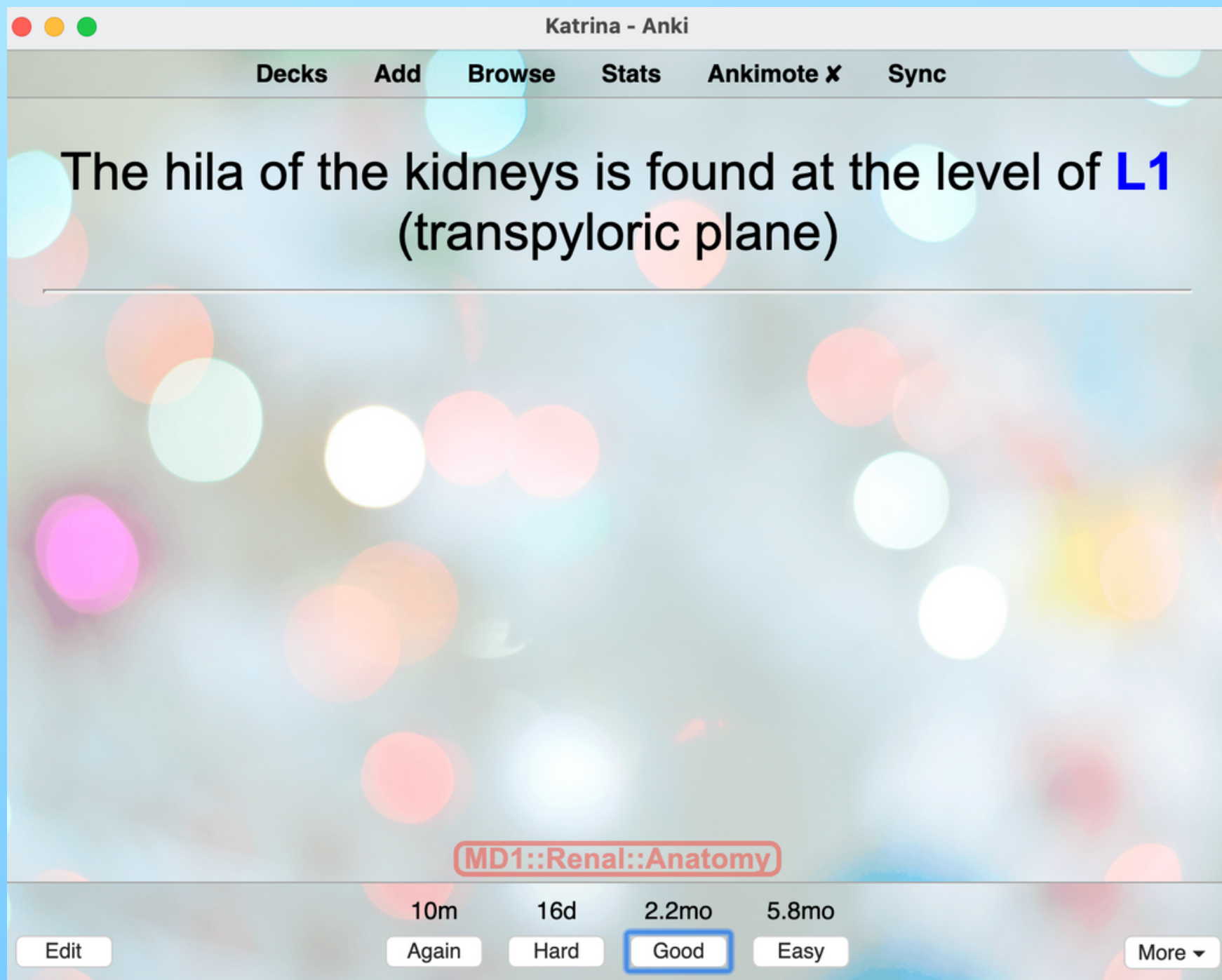
IMAGE OCCLUSION



**PART OF
CARD TO
RECALL**

**NUMBER OF DUE
AND NEW LEFT**

**PRESSING THE SPACE BAR WILL
REVEAL THE ANSWER TO THE CARD**



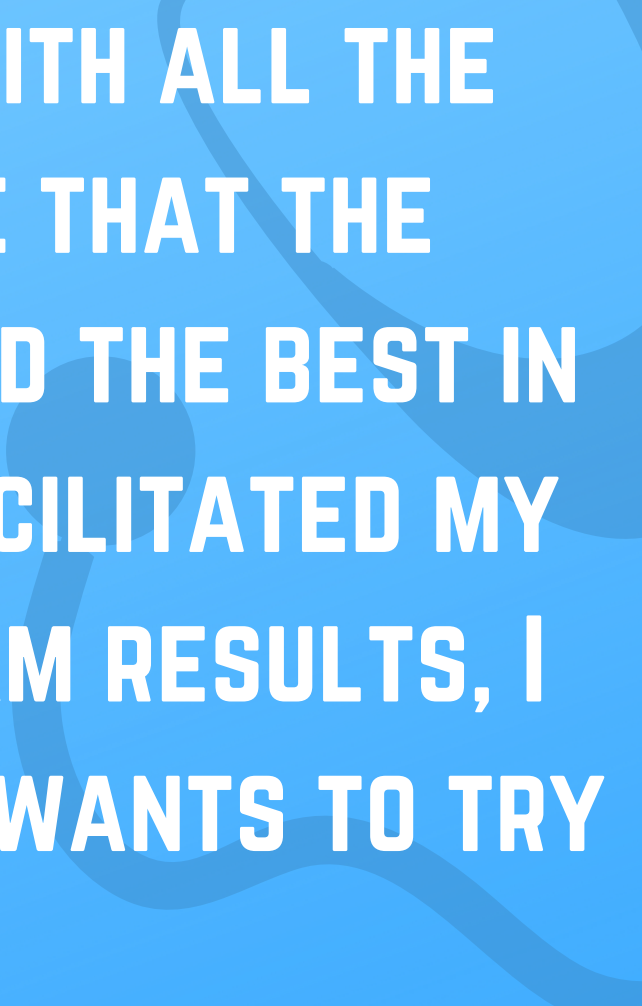
**CLICK THE DIFFERENT
BUTTONS ACCORDING TO
HOW WELL THE ANSWER
WAS RECALLED**



**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!*