



HAYDON
SCHOOL
SIXTH FORM



Preparing for exams

2. Interleaving

Interleaving

Last week we looked at spacing your revision and making a plan.

Interleaving is a method to use when revising to help you remember more for the exam and to understand it better as well!

It will help make your revision plan as effective as possible

Have you ever dedicated a whole day to revise for one subject?

And then another day to revise for a different subject?

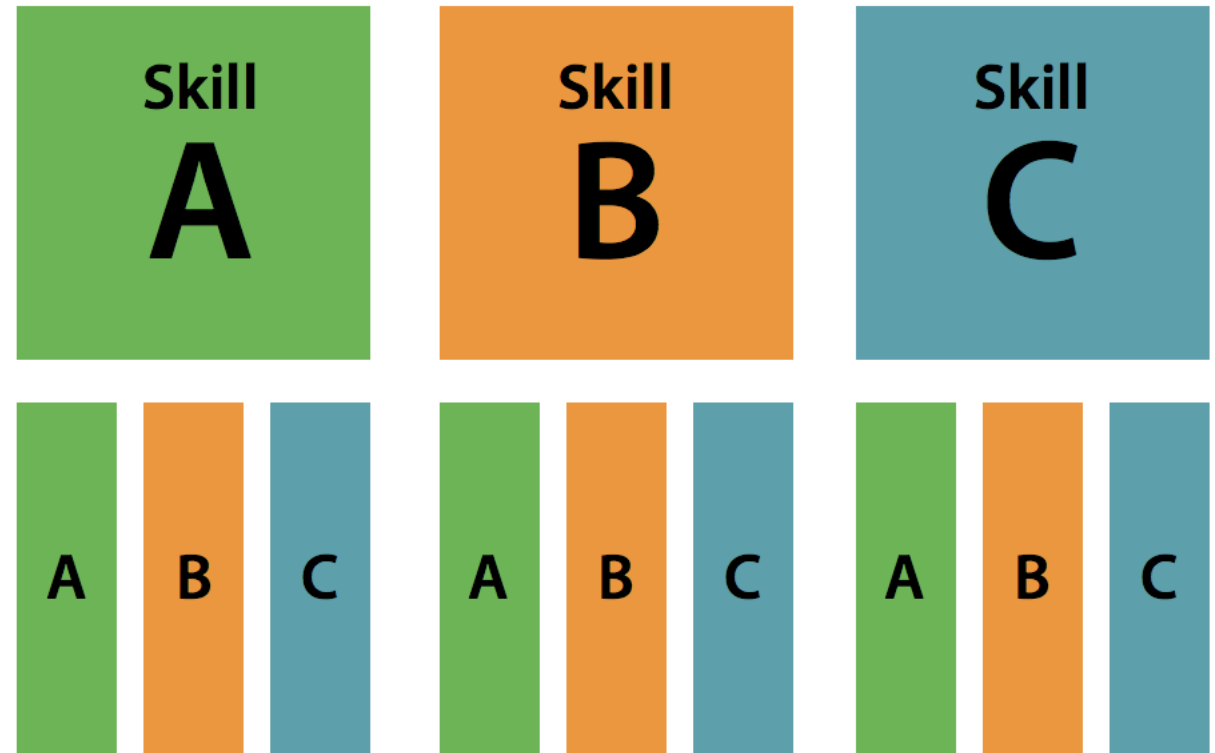
This is known as **'blocking'**

What might some of the disadvantages be of using a blocking method?

How does interleaving work?

Blocking vs Interleaving

Learning is spread over time rather than concentrating on narrow topics one after the other



The evidence to show it works...

- A study examined the performance of maths students who revised using blocking compared to those who used interleaving.
- Students who used interleaving performed better on the examination if the examination was more than one day away.



The research

Pan (2015) says '**Mixing it up boosts learning**' compared to more traditional methods of block learning where students master one topic before moving on to the next in preparation for exams.



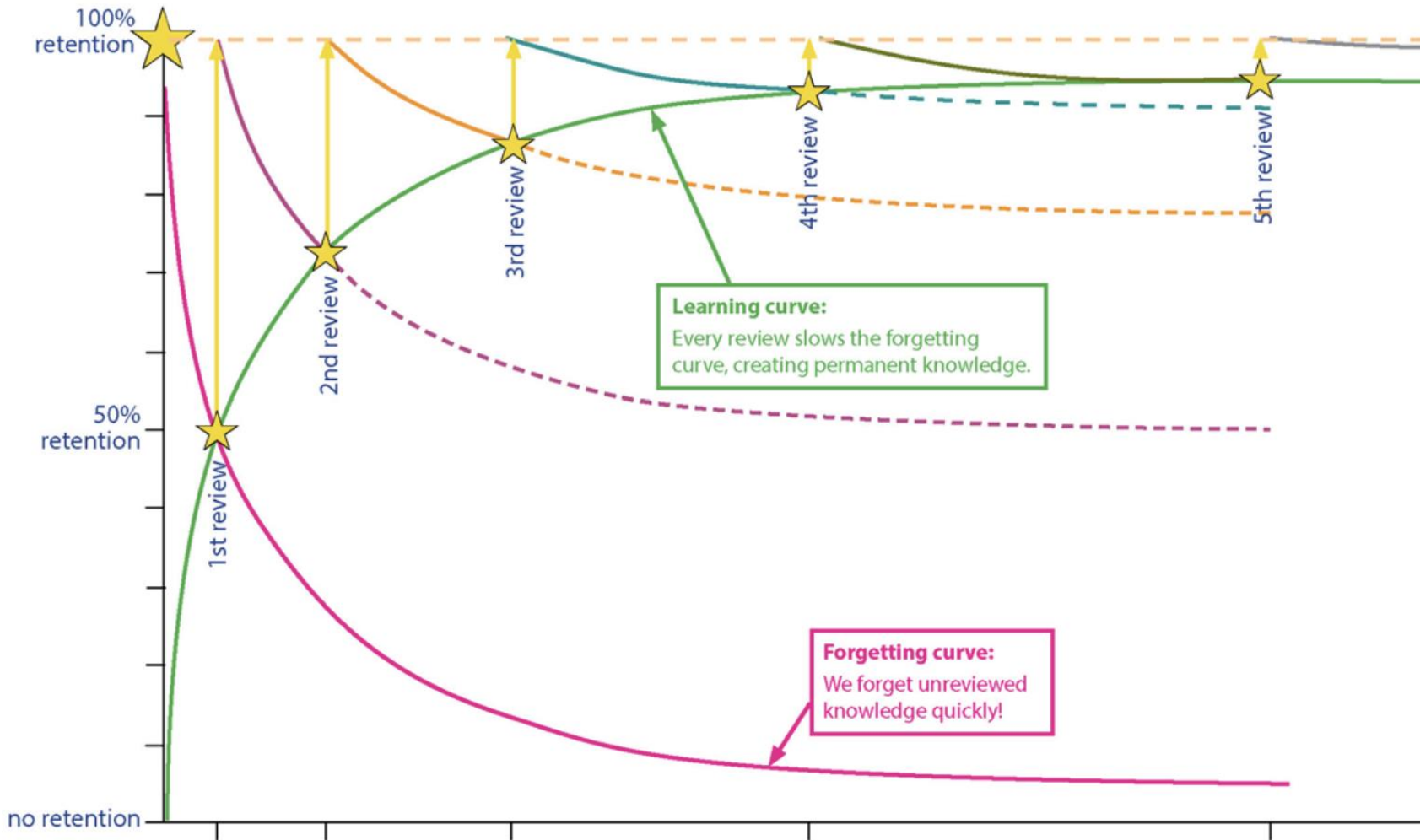
What are the benefits of Interleaving?

Your brain is continually changing focus and attempting to find different responses to bring into your short term memory

Each time you revise information it strengthens your **memory recall**.

By revisiting material from each topic **several times, in short bursts**, you can increase the amount you **remember in the exams**.

The learning curve and forgetting factor



OCR produced a learning curve & forgetting factor curve to demonstrate the benefits of interleaving practice

Applying effective interleaving

Break units down into **small chunks** and split these over a few days rather than revising one whole topic all at once.

In your revision plan make sure you allocate time to revisit the same topic / skill on multiple occasions



Reflect

What changes may you need to make to your revision plan based on the concept of interleaving?



**Do little and often,
and mix it up
everyday!**

**Variety is, after all,
the spice of life!**