In this series, we provide information so students can learn how to study using.. All of these strategies have supporting evidence from cognitive psychology. For each strategy, we explain how to do it, some points to consider, and where to find more information.
LEARN TO STUDY USING...

Interleaving

SWITCH BETWEEN IDEAS WHILE YOU STUDY
Interleaving

Switch between ideas during a study session. Don’t study one idea for too long.
Interleaving

Go back over the ideas again in different orders to strengthen your understanding.

**HOW TO DO IT**

**SESSION 1**

TOPICS

A  B  C

**SESSION 2**

TOPICS

C  B  A

**SESSION 3**

TOPICS

A  C  B  A
Interleaving

Make links between different ideas as you switch between them.
While it’s good to switch between ideas, don’t switch too often, or spend too little time on any one idea; you need to make sure you understand them.
Interleaving will feel harder than studying the same thing for a long time. But don’t worry - this is actually helpful to your learning!
Read more about interleaving as a study strategy

Use interleaving
http://www.learningscientists.org/blog/2016/8/11-1

Interleaving in practice

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