

# The Interleaving Technique

Information for Students

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Student  
Success

## What is it?



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

It is about what you do with your time when revising.

### How does Interleaving work?

Learning is spread over time rather than in concentration on narrow topics one after the other.



## What are the benefits?

It strengthens memory recall.

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

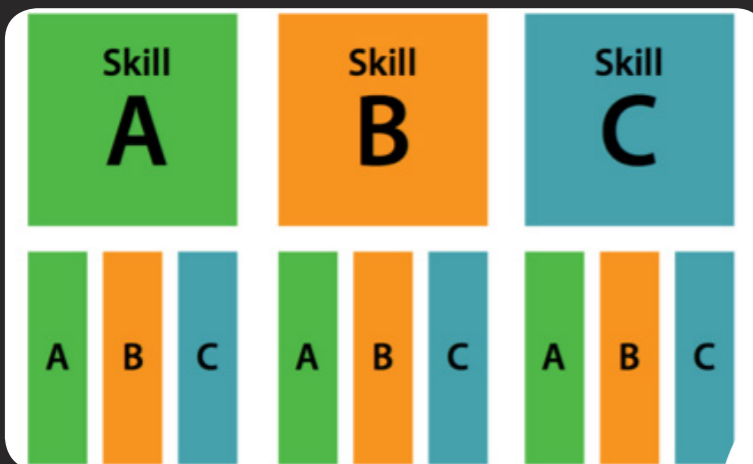
By revisiting material from each topic several times, in short bursts, you can increase the amount you remember in the exams.

Each time you revise information, it strengthens your memory recall

RECALL,  
RECOGNITION,  
BEFORE,  
DURING  
AND AFTER

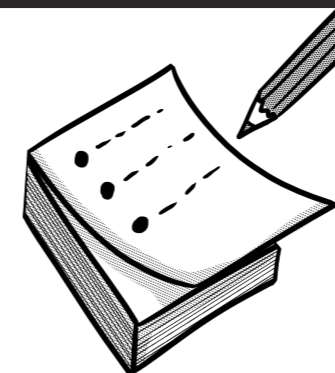


## Blocking vs. Interleaving



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.

## How to apply it...



1. Break units down into small chunks and split these over a few days rather than revising one whole topic all at once.
2. Decide on the key topics you need to learn for each subject.
3. Create a revision timetable to organise your time and space your learning.

**Focus on quality and not quantity-  
short targeted bursts are more  
effective.**

**Do little and often, and mix it up  
every day!**