

# Distributed Practice Transcript

0:00:00.000,0:00:05.770

Which type of practice works better...

0:00:05.770,0:00:11.460

spreading studying throughout the semester, or studying the night before? Most professors know

0:00:11.500,0:00:16.600

that cramming for an exam is a bad

idea, but most students, regardless of major, rely on

0:00:16.600,0:00:21.130

cramming and students also believe that

it is the best way to study. Contrary to

0:00:21.130,0:00:24.830

what students believe, over a hundred years of research firmly establish that the

0:00:24.830,0:00:29.099

best way to learn, master, and retain any

kind of content or skill is to

0:00:29.099,0:00:33.010

distribute practice across time.

Distributed Practice involves going over

0:00:33.010,0:00:38.079

the same material across the two more

sessions that are spaced, distributed, at least

0:00:38.079,0:00:39.410

a day apart.

0:00:39.410,0:00:42.980

Whether it involves mastering a foreign

language, or trying to solve complex physics problems,

0:00:42.980,0:00:47.879

Distributed Practice is essential

for long-term maintenance of any kind of

0:00:47.879,0:00:52.860

material or skill, across any domain. So

how can you help your students take

0:00:52.860,0:00:59.059

advantage of Distributed Practice? Here are a few ideas. First - consider administering weekly low-stakes quizzes.

0:00:59.059,0:01:03.070

This will encourage students

to spread studying throughout the

0:01:03.070,0:01:07.090

entire semester. To really take advantage,

include questions about material

0:01:07.090,0:01:10.780

presented a week or so earlier so that

your students will need to keep reviewing

0:01:10.780,0:01:16.100

materials from earlier classes. Second -  
consider spending time each class

0:01:16.100,0:01:19.560

discussing some of the most important  
material from a prior lecture.

0:01:19.560,0:01:24.009

Just a few minutes to help students maintain material and will also highlight

0:01:24.009,0:01:27.500

what you think is most important to them  
to learn.

0:01:27.500,0:01:31.850

Distributed Practice - its evidence-based, and it works.