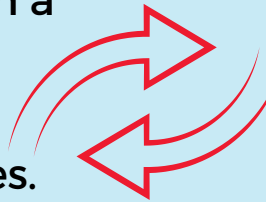


How to create a study plan with interleaving

When creating a study plan, you may be tempted to block related topics together. However, the strategy of **interleaving** helps to create stronger connections in your brain to improve your understanding and memory.

What is interleaving?

This is the simple strategy of switching between topics within a study session to cover more topics, rather than studying one topic for the whole time. You can switch between different topics in one course, or even switch between different courses.



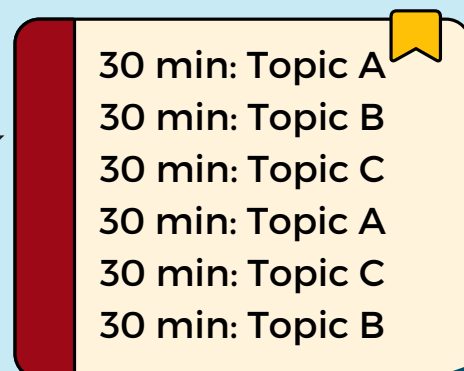
Why study using interleaving?

Switching between topics can help you identify connections between various topics that you may miss if you study one topic at a time.

How do you study with interleaving?

With blocked practice (the opposite of interleaving) a 2-hour study session might cover just one topic or course.

With interleaving, a 2-hour study session might look like this:



Interleaving
examples



Examples of studying using interleaving

Studying one topic

If you are practicing using several equations for a physics course:

Alternate equations you practice with

- Practice one question per equation at a time
- Change equations
- Repeat



Studying multiple topics

Interleaving for a statistics course might look like alternating between:

- Practice sets on linear regression
- Flashcards review on experiment types
- Practice sets on chi-square

Spending 20-30 minutes on each topic and repeating for a 2-3 hour study session

Studying for multiple courses

Interleaving between courses could look like spending 30 minutes on the following and then repeating 2-3 times:

- Review flashcards of Japanese artists for your art history course
- Create a concept map of political theories from 19th century Europe for your political science course
- Do practice questions on the subjunctive for your French course



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