Handout: Module 2, Distributed Practice

Essence of the Distributed Practice Strategy
Spread out learning across many separate study sessions separated by at least one day or more.

Advice for Students
Study or practice regularly, that is, nearly every day, for 1-2 hours at a time in each of your subject areas. Create a schedule that reflects this habit, and stick to your schedule.

Advice for Faculty
In addition to giving assignments, suggest how students should spread out the workload associated with the assignments. Explain why you are doing this.

Recommended Readings on Distributed Practice
Presented in alphabetical order, the books below provide an excellent detailed description of learning science. Below each, I have noted particular chapters from each that relate to distributed practice. You may also wish to look in each book’s index under such terms as distributed practice, practice, spaced repetition, repetition, and spacing for additional, relevant information.

   Chapter 3, Mix Up Your Practice
   Chapter 4, Embrace Difficulties

   Chapter 4, Spacing Out: The Advantage of Breaking Up Your Study Time

   Chapter 2, Sleep, Naps, and Breaks

   Chapter 3, Learning is Creating: Lessons from Thomas Edison’s Frying Pan
   Chapter 11, More Memory Tips

References Associated with the Distributed Practice Video


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