Handout: Module 4, Interleaving

Essence of the Interleaving Strategy
Interleaving is mixing your practice of old, current, and upcoming information within a given subject area during each study session.

Advice for Students
During each study session, devote some effort to recall older information while you work to understand more recent material and to prepare for upcoming topics in the same course.

Advice for Faculty
During each class, ask students questions about previously covered material in addition to discussing new information. Assign homework problems that involve a mix of material in the course and give cumulative exams.

Recommended Readings on Interleaving
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 interleaving. You may also wish to look in each book’s index under such terms as interrupted practice and mixed practice for additional, relevant information.


References Associated with the Interleaving Video
For more information about creating and refining learning chunks, please see pages 51-82 (Chapter 4) and pages 112-125 (Chapter 7) in: Oakley B. A Mind for Numbers: How to Excel at Math and Science (Even If You Flunked Algebra). New York, NY: Jeremy P. Tarcher/Penguin, 2014.

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