

CRAMMING VS. THE SPACING EFFECT; WHICH IS BEST?

An Infographic by Jarod I. Forbes



CRAMMING: WHAT IS IT?

Cramming is the act of practicing or working intensely, trying to absorb a large amount of information in a short time



SPACING EFFECT: WHAT IS IT?

The finding that long term memory is enhanced when learning sessions are spaced apart in time

HOW MANY PEOPLE CRAM?

One survey has revealed that 99% of university students cram for their exams

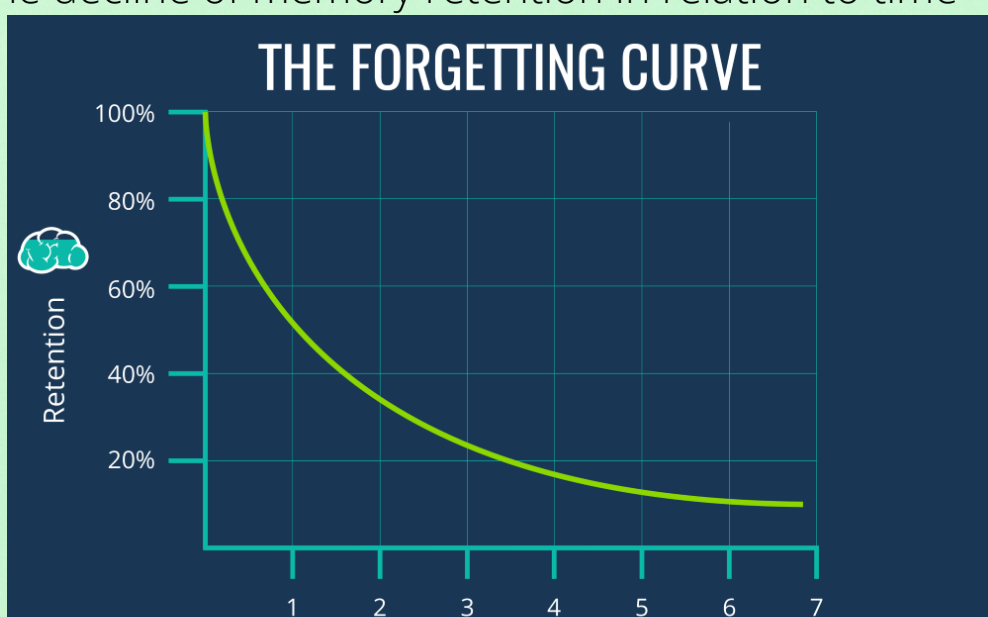


HOW WELL WAS THEIR PERFORMANCE?

Cramming is one of the worst ways to learn and remember a subject. Researchers have found that many students cannot recall a fair amount of information after a cram session.

EBBINGHAUS FORGETTING CURVE

The decline of memory retention in relation to time



HOW SPACED REPETITION WILL HELP

"Both humans and animals more easily remember or learn material when they study the material in several shorter study periods over a longer period of time" (Walters, 2020, Sec. 10.5)

