



# LEARN TO STUDY USING...

# Interleaving

SWITCH BETWEEN IDEAS WHILE YOU STUDY

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## HOW TO DO IT

Switch between ideas during a study session. Don't study one idea for too long.

TOPIC A



TOPIC B



TOPIC C



Go back over the ideas again in different orders to strengthen your understanding.

TOPICS  
A B C



STUDY SESSION  
1

TOPICS  
C B A



STUDY SESSION  
2

TOPICS  
A C B



STUDY SESSION  
3

Make links between different ideas as you switch between them.



## HOLD ON!



While it's good to switch between ideas, don't switch too often, or spend too little time on any one idea; you need to make sure you understand them.



Interleaving will feel harder than studying the same thing for a long time. But don't worry - this is actually helpful to your learning!

## RESEARCH

[Read more about interleaving as a study strategy](#)

Rohrer, D. (2012). Interleaving helps students distinguish among similar concepts. *Educational Psychology Review*, 24, 355-367.