

# Retrieval – Flash Cards and the Leitner Method

## Flash Cards

Flashcards are an effective revision technique because they promote active recall, enhancing memory retention and retrieval. By condensing key information onto small cards, you can quickly test your knowledge. Reviewing the flashcards at increasing intervals over time strengthens your memory and also informs about which questions you need to revise more.

Flash cards work best when there is a single question on one side and an answer on the other. Read the question and say aloud the answer to yourself or someone else who is testing you.

The questions don't just have to lead to short, factual answers. Questions can be included that require extended responses and explanations.



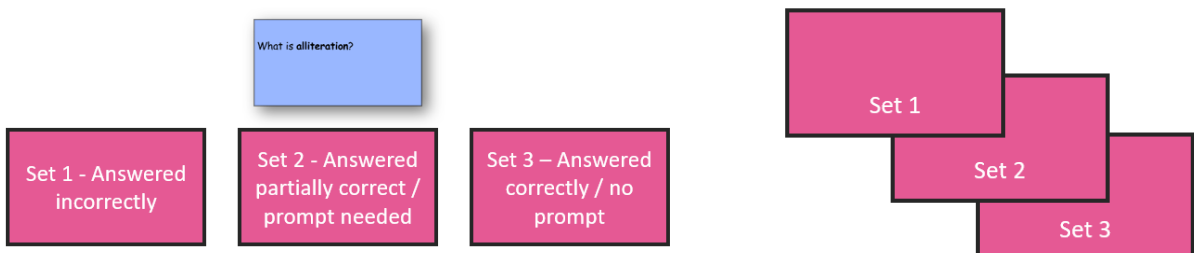
## The Leitner Method

The Leitner method is a spaced repetition technique for effective learning using flashcards. In this method, flashcards are divided into three piles or boxes. You start by answering all flashcards and then sorting them based on how you answered each question:

**Set 1** - questions you answered incorrectly

**Set 2** - questions you answered partially correctly or a prompt was needed

**Set 3** - questions you answered correctly without a prompt



After sorting the cards into three piles you then put all the cards together with Set 1 on the top and Set 3 on the bottom. The next time you test yourself start with Set 1, then Set 2 and finally Set 3. If you answer a question correctly you promote it from Set 1 to 2, or Set 2 to 3. If you get it wrong you drop it down from Set 3 to 2 and Set 2 to 1. This systematic approach ensures that you spend more time on challenging material while reviewing the content you already know less frequently,