

STRATEGIES FOR FLASHCARDS

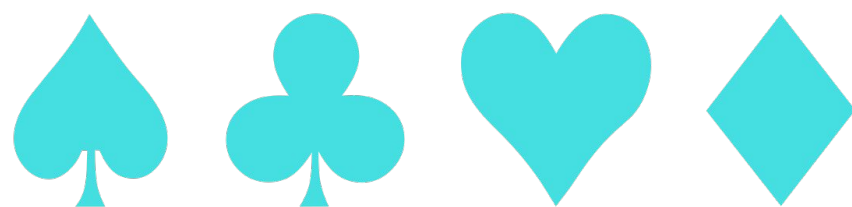
Kartograferna

1. ANSWER BEFORE FLIPPING

Make sure that you have a clear answer in your mind before checking. Even better: write the answer down or say it out loud. That way you are using **retrieval**, a strategy that shapes memories. If you turn the card over before you have thought it through, the risk is that you recognize the answer and thus deceive yourself that you know more than you really do.

2. INTERLEAVING

Interleaving means that you consolidate knowledge more effectively if you mix subjects and areas. For the card deck, this means that it is only positive if you mix foreign vocabulary, theoretical concepts and factual knowledge in the same deck.



3. USE PICTURES

Feel free to use pictures on your cards. For example, you can draw a model and include labels on one side but leave them out on the other. Or draw an unfinished model on one side and a complete one on the other.

4. MAKE FOCUSED CARDS

Each card should focus on one thing that has a relatively precise answer. Feel free to break down complicated concepts into several sub-questions on different cards. This way, you can check that you have actually learned the card, and remove it when you feel ready.



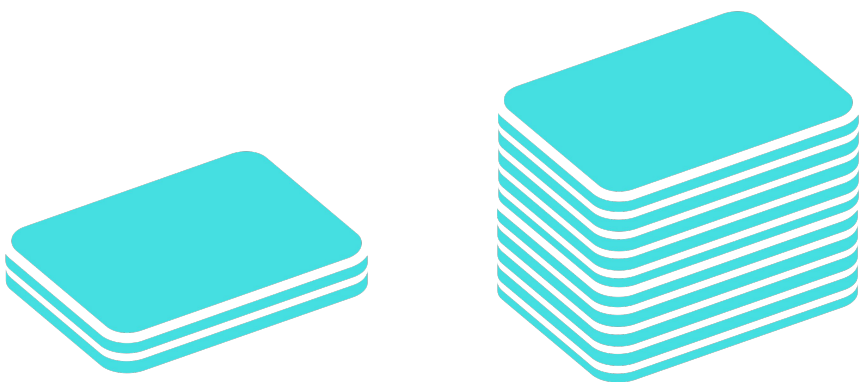
5. SPACING

Practice frequently at first, then with longer and longer pauses. A good principle could be to double the distance between training sessions: twice on the first day, once on the second day, then every other day, every fourth day, etc. until you feel confident in what you are trying to learn.



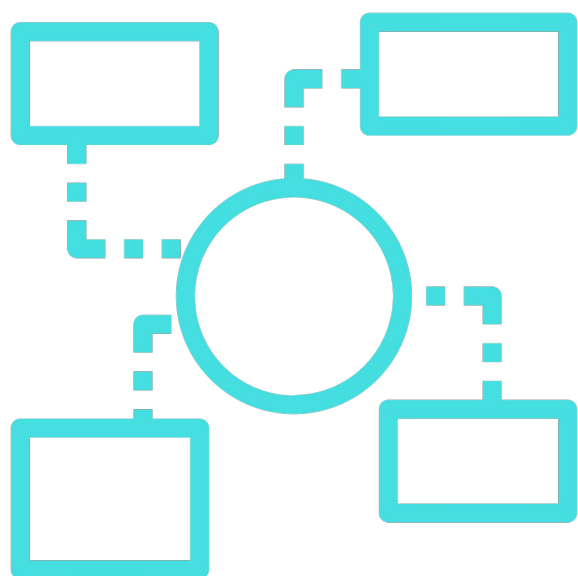
6. BIG PILES ARE BETTER

If you only have a few cards, you will deceive yourself into thinking that you are learning quickly, but the risk is that you will forget it again. If you have more cards in the deck, you will have to struggle more with memory, but in the end you will remember it for much longer.



7. SHUFFLE

Shuffle the deck after each round. Remove cards you know and add new cards as you go. More cards in the deck means more spacing and more effective learning, so it is better to save the cards for too long than to remove them too quickly. A good rule of thumb is that you should have answered a card correctly at least three times, with at least a week between the first and last time.



8. SOLVE A PUZZLE

Use blank maps and mind maps that show how facts and concepts are connected in larger wholes. Place the right card in the right place. In this way, you practice putting the facts from the cards in context. On our website there are blank maps adapted for flashcards.