

# INTERLEAVING

Interleave your revision to help you remember more.



**gcsepod**  
education on demand

Interleaving is the theory that revising more than one topic in each revision session will help you make better links between them.



## HOW IT WORKS

Interleaving strengthens memory association. The brain is continuously engaged by retrieving different responses and bringing them into short-term memory. Repeating that process can reinforce connections between different tasks and correct responses, which enhances learning.

### Switch

Switch between topics during each session.



### Review in different orders

When reviewing make sure you do in a different order than you learnt them.



### Make links to remember more

Try to make links between ideas and review your revision notes.

## TIPS & ADVICE TO GET IT RIGHT

- ✓ Don't switch too often, make sure you have a good understanding of the area you are working on before moving onto the next.
- ✓ Do break down topics into smaller chunks so you can easily switch once you have completed one section.
- ✓ Don't worry if it seems harder revising this way at first. It will help you remember more in the long run. Keep going, the work will pay off.
- ✓ Try following the order in which you learnt this information in the classroom so one topic builds upon the next. This will help you better understand the links you are building.

## HOW USING GCSEPOD CAN HELP

All GCSEPod content is set out in a clear organised way and delivered in our unique Pod format of 3-5 minute chunks of topic based learning. You can quickly create playlists of related topics to make it easy to switch and build connections. It also remembers what you've watched so you can easily revisit a topic and pick up exactly where you finished.

Visit [www.gcsepod.com](http://www.gcsepod.com) to find out more.

