

How to make and use flashcards

How to make flashcards

2. Ensure the right questions and knowledge are on the cards.

3. Keep information as short as possible.

4. Write clearly. You should be able to read what you wrote at a



How to make flashcards

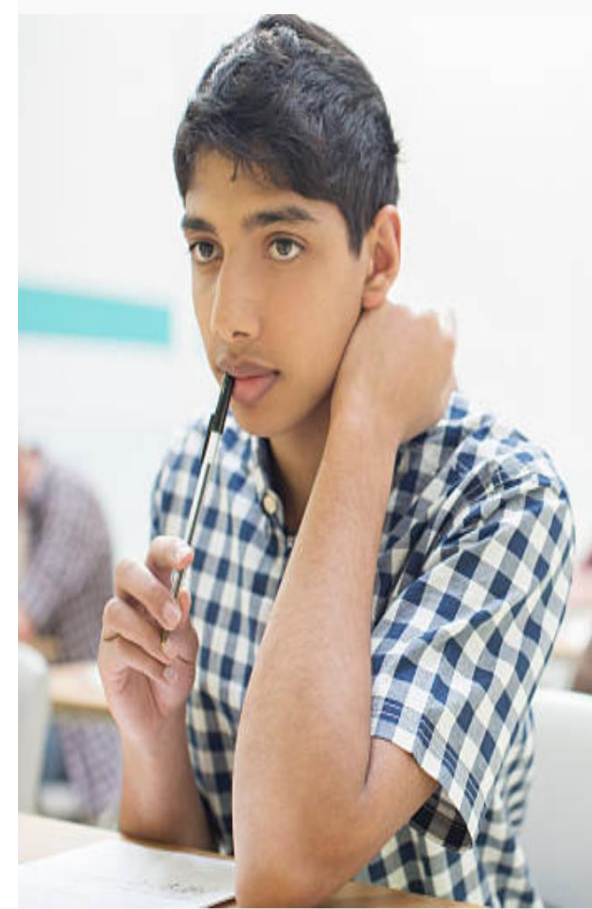
5. Use different **coloured cards or pens** to categorise your flashcards. For example, use a different colour for each subject or topic. This can help your brain to categorise information better.

6. Make your flashcards as soon as you've learnt the



Being smart when using flashcards

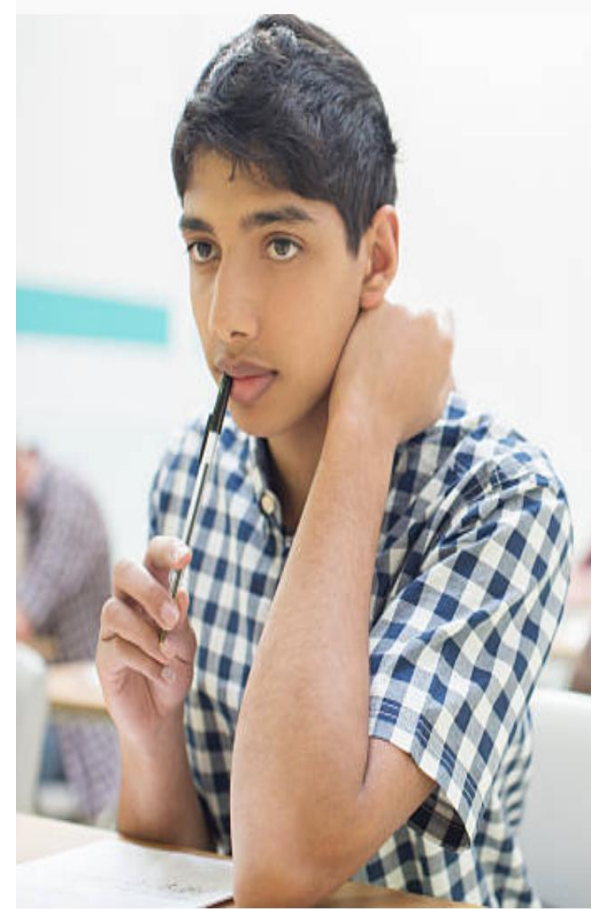
- Take 5-10 cards.
- Set a 3 minute timer
- Practice reading the card and saying the answer aloud before checking if you have it correct, repeat until it is correct
- End of 3 minutes, test your self on the cards
- Get it correct, mark the card with a 😊 and place in a pile
- Get it wrong, mark the card with a 😞 and place back in the learning pile



Repeat this process for 25 minutes

Being smart when using flashcards

- Make sure you have a ‘**thinking pause**’ after picking one up and reading the question, then turn the card over to read the information.
- Once you get an answer right using your flashcards – **DO NOT DISCARD IT!** You need to keep **repeating the questions** even if you get it right multiple times otherwise it will fall off your memory.



Leitner System – The Method

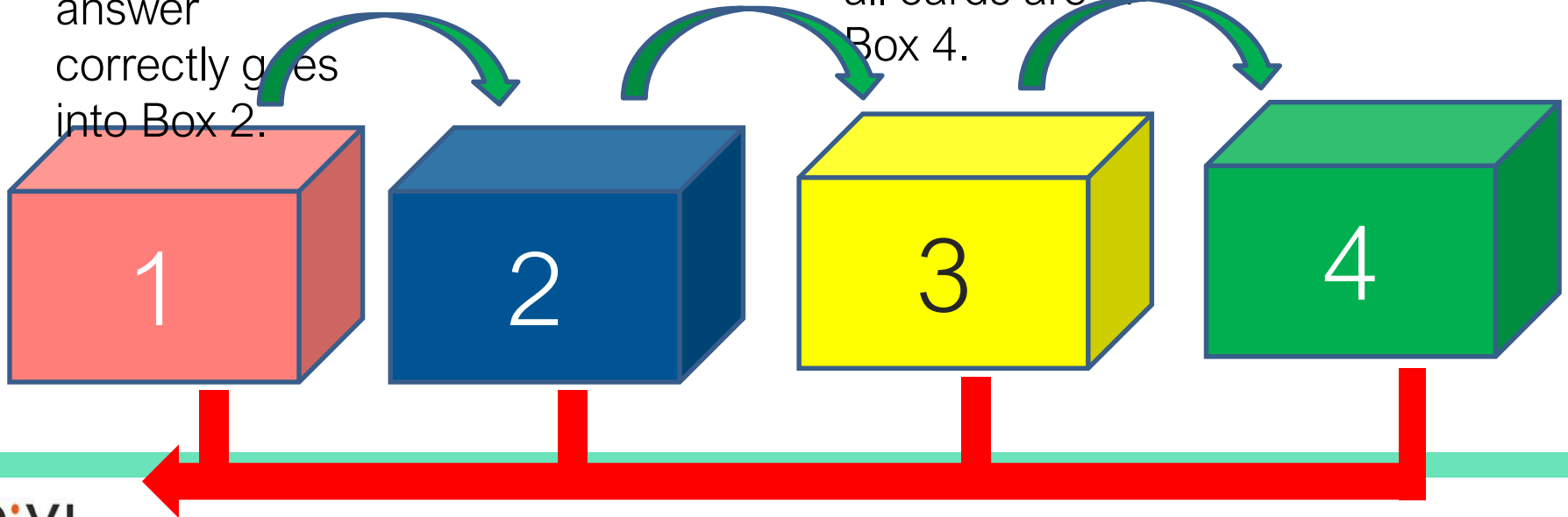
All flash cards start off in Box / Stack 1.

As you review the cards, each card you answer correctly goes into Box 2.

If you give the wrong answer the card stays in box 1.

When you review cards in Box 2, if you still get it right you move the card to box 3 and so on until all cards are in Box 4.

If you get a card wrong in any box, it goes back to Box 1.



Leitner System – The Key

The key is that the cards you know less well are reviewed more frequently than the cards in the higher boxes.

You now must choose the frequency at which you review each box.

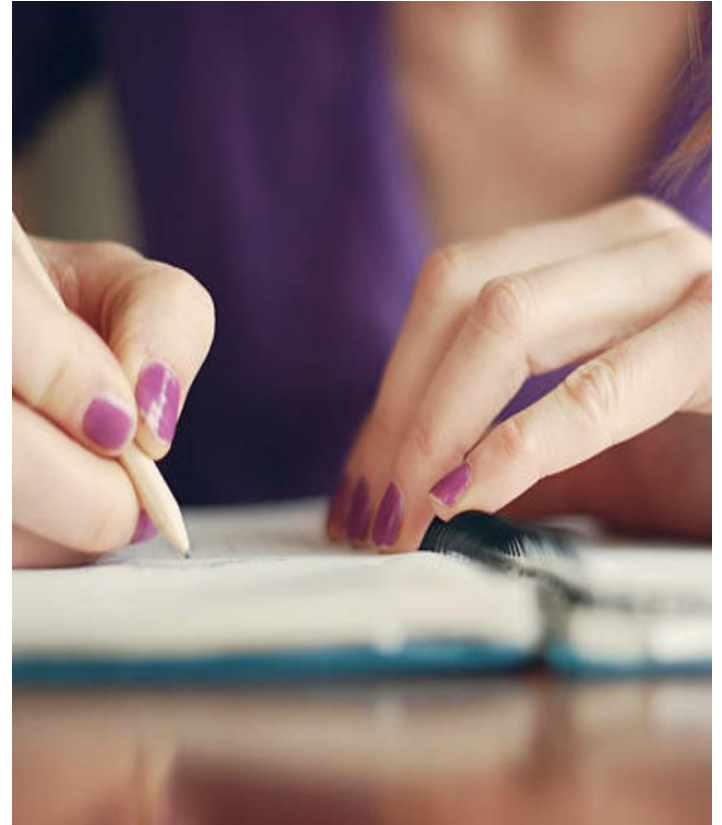
Box 1: Every day

Box 2: Every 2 days

Box 3: Every 3

Being smart when using flashcards

- Try writing the answer or definition in your own words and giving examples. This will help your learning and recall.
- Try 'interleaving'. Once you have several decks of flashcards for different subjects and topics, try mixing them up. This will test your knowledge across subjects in a single session. Make sure **you are confident** enough to do this every so often.

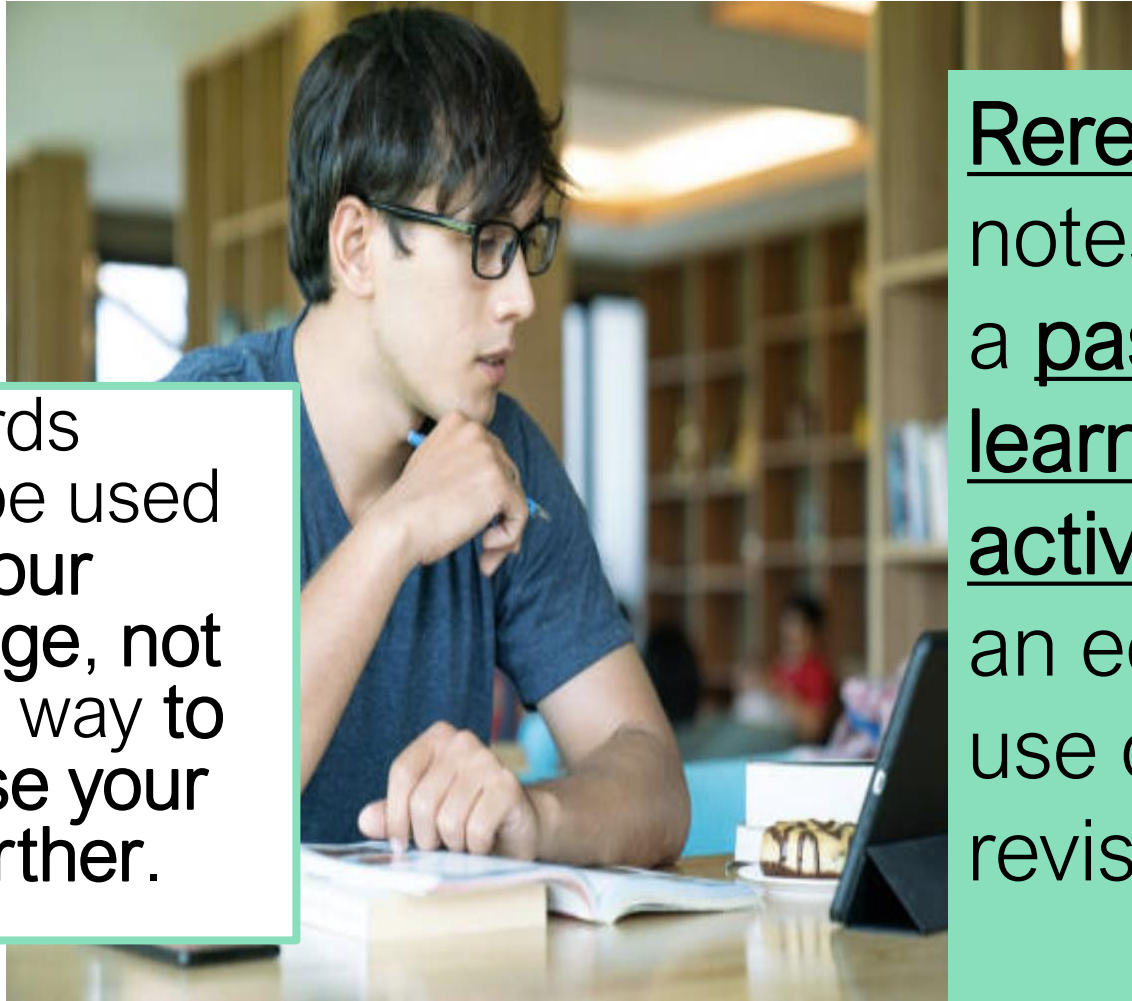


Being smart when using flashcards

- Use spaced repetition - Review your cards at specific, increasing intervals: for example on Day 1, Day 2, Day 4, Day 8 and so on.
- Spaced repetition works because it activates your long-term memory, while leaving small breaks in-between studying uses your short-term memory.



Remember...



Flashcards should be used to **test your knowledge**, not just as a way to **condense your notes further**.

Rereading notes is a passive learning activity so is not an economical use of your revision time.

Watch this video