Spaced Repetition Review Schedule

From the StudySim guide "Spaced Repetition: How It Works + a Free Review Schedule" (studysim.ai/blog/spaced-repetition). Print it, fill it in, and test yourself from memory at every review: cover the answer, say or write it, then check.

1. Forward plan: review after each class

Based on Birmingham City University's routine: summarize or make flashcards straight after the lesson, test yourself the next day, again three days later, and again one week later. Keep going with longer gaps if the exam is further away. Tick a box when the review is done; circle it if you missed most answers and shorten the next gap.

Topic / deck	Day 0: learn + make cards	Day 1: test	Day 3: test	Day 7: test	Next (longer gap)
	date ____ ☐	date ____ ☐	date ____ ☐	date ____ ☐	date ____ ☐
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2. Backward plan: the 2357 method from your exam date

Count back from the exam: one session the day before, another 2 days before that, then 3 days before that, then 5, then 7. Five sessions fit in about 18 days. Use shorter gaps for hard topics and longer ones for easy ones.

Exam / topic	Exam date	Session 1 (7 days before S2)	Session 2 (5 days before S3)	Session 3 (3 days before S4)	Session 4 (2 days before S5)	Session 5 (day before exam)

3. Leitner box tracker (paper flashcards)

Right answer: the card moves up one box. Wrong answer: it goes back to Box 1. Lower boxes get reviewed more often. Write the review rhythm you choose for each box (for example, Box 1 every session and higher boxes less often), then log each session.

Box	Review rhythm I chose	Cards in box (count)	Notes
Box 1 (new + missed)			
Box 2			
Box 3			
Box 4			
Box 5 (well known)			

4. Session log

Date	Deck / topic	Cards tested	Missed	What to fix before the next review

5. Checklist for every review

- [ ] Answer from memory before looking (no rereading first)
- [ ] Mark every card or question you missed
- [ ] Shorten the gap for missed items; lengthen it for easy ones
- [ ] Mix in older topics, not just the newest class
- [ ] Book the next review date before you stop