

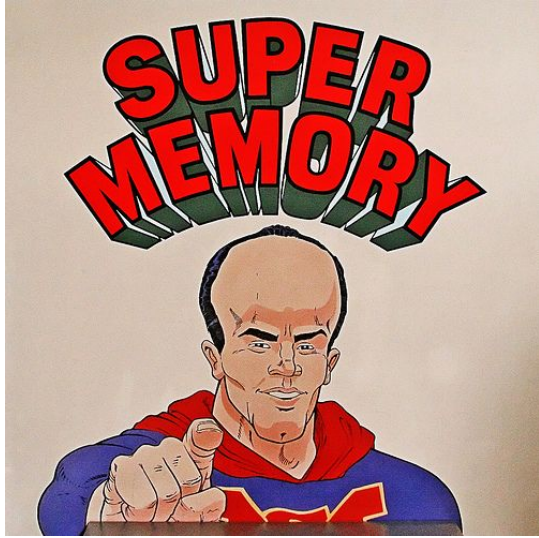
Anki and Spaced Repetition

Trinity Papamandjaris

About Me



How I used to Study



- Read-aloud
- Rote memorization
- Passive learning methods
- Re-reading and re-reading my notes

Did it work?... YES

Why I Wanted a New Study Method

Day in my life:

- Wakeup: 6:30
- On my way to school:
7:45
- Class: 8:30-12:20 and
1:30-2:20
- Practice 4-6

Extras: PremedCC,
weights, individual
workouts, film, lab
volunteering, time with
friends, travel...

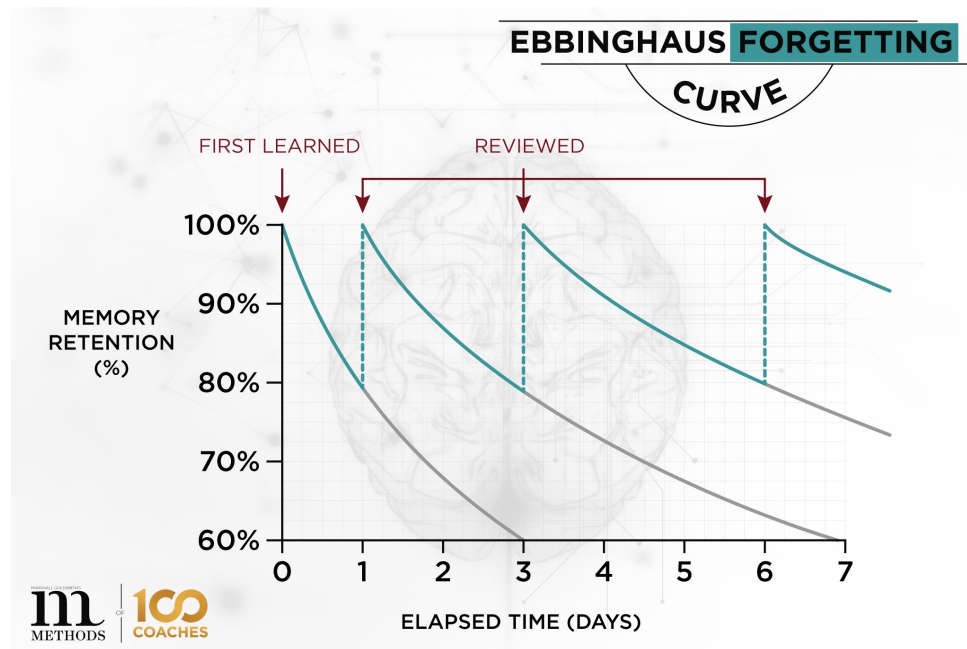


Science of Spaced Repetition

- Forms memories that have better storage strength
- Active memory instead of passive memory
- Predictable intervals prime your brain and it can anticipate when you're going to see information next

Science of Spaced Repetition

Ebbinghaus Forgetting Curve



What Good Is Learning If You Don't Remember It?

William R. Klemm[†]

Texas A&M University, College Station, TX

Unbounded Human Learning: Optimal Scheduling for Spaced Repetition

Authors:  Siddharth Reddy,  Igor Labutov,  Siddhartha Banerjee,  Thorsten Joachims [Authors Info & Claims](#)

Spaced Repetition Promotes Policy Implications for Instruction

January 2016 · [Policy Insights from the Behavioral and Brain Sciences](#)
DOI:[10.1177/2372732215624708](https://doi.org/10.1177/2372732215624708)

Authors:

Spacing Repetitions Over Long Time Intervals

[Christopher D. Smith](#)^{*} and [Damian Scarf](#)

[▶ Author information](#) [▶ Article notes](#) [▶ Copyright and License information](#) [▶ Disclaimer](#)

A spaced-repetition approach to enhance medical student learning and engagement in medical pharmacology

Stop Ignoring the Science

g:

MATHEMATICS | 

human learning via spaced repetition optimization

[Upadhyay, Abir De, +2](#), and [Manuel Gomez-Rodriguez](#) [Authors Info & Affiliations](#)

Indiana University, Bloomington, IN, and approved December 14, 2018 (received for review November 14, 2018)

988-3993 | <https://doi.org/10.1073/pnas.1815156116>

Why educational research matters to you: Rote vs meaningful learning

ANKI



What is Anki?

- Free app
- Make your own flashcards or used premade decks
- Customize settings
- Spaced repetition with rating and an algorithm that knows when to show you information

How to Download Anki

Google “Anki”

About 42,300,000 results (0.47 seconds)



AnkiWeb

<https://apps.ankiweb.net>

Anki - powerful, intelligent flashcards

Anki is a program which makes remembering things easy. Because it's a lot more efficient than traditional study methods, you can either greatly decrease ...

2.1. Windows

Download Anki from <https://apps.ankiweb.net>. See the next ...

Home Docs Support AnkiWeb

Home · Docs · Support · AnkiWeb. Please see here.

Support

Anki Forums - When problems occur - Changing the font - ...

Moved

Moved. Please see <https://docs.ankimobile.net/>

[More results from ankiweb.net »](#)

People also ask:

Download the Appropriate Version for your Laptop

Download Anki

[Windows](#)[Mac](#)[Linux](#)[iPhone/Android](#)[Development](#)

Downloads

If you're on an [M1/M2 Mac](#), pick the Apple Silicon version for better performance/battery life. Older machines will need to use the Intel version. Two variants of the Intel version are available: [Qt5](#) vs [Qt6](#).

[Download Anki for macOS 10.14.4+ \(Intel, 2.1.60 Qt6\)](#)[Download Anki for macOS \(Apple Silicon, 2.1.60 Qt6\)](#)[Download Anki for macOS 10.13.4+ \(Intel, 2.1.60 Qt5\)](#)[Installation & troubleshooting guide](#)[Change notes & older releases](#)

- [Alternate download site](#)
- [Alternate changes site](#)

How to Use Anki

This is the Home Page

User 1 - Anki			
Decks	Add	Browse	Stats Sync
Deck	New	Learn	Due
+ BIOM 3040	13	21	0 ⚙
+ BIOM 3090	29	5	0 ⚙
+ HK 3402	16	5	0 ⚙
+ PATH 3610	0	0	0 ⚙
+ POPM 3240	0	0	0 ⚙
+ ~Fall 2022	0	0	2784 ⚙
Studied 382 cards in 1.05 hours today (9.93s/card)			

Create Deck or Import Deck

Get Shared

Create Deck

Import File

Adding to a Deck

Type

Basic

Deck

HK 3402::HK 3402 Lecture 12

Fields...

Cards...

B


I


U


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
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
A


























Front

Back

Studying a Deck

HK 3402::HK 3402 Lecture 12

New: 0

Learning: 10

To Review: 0

[Study Now](#)

Flashcards

Tibialis Posterior

O: ?

I: ?

A: ?

0 + 12 + 0

Show Answer

Rating a Card

DecksAddBrowseStatsSync

Tibialis Posterior

O: ?
I: ?
A: ?

O: Posterior tibia, posterior fibula and interosseous membrane
I: Navicular, cuneiforms, cuboid, bases of metatarsals 2-4
A: Plantarflexion, inversion of foot

Edit

5m

18m

30m

4d

Mo

Again

Hard

Good

Easy

Anki Settings

Gear Icon → Options

+ BIOM 3040	13	21	0	⚙
+ BIOM 3090	29	7	0	⚙
- HK 3402	16	14	0	⚙
HK 3402 Lecture 1	0	0	0	⚙
HK 3402 Lecture 10	0	0	0	⚙
HK 3402 Lecture 11	0	0	0	⚙
HK 3402 Lecture 12	0	14	0	⚙
HK 3402 Lecture 13	4	0	0	⚙
HK 3402 Lecture 14	16	0	0	⚙
HK 3402 Lecture 2	0	0	0	⚙
HK 3402 Lecture 3	0	0	0	⚙
HK 3402 Lecture 4	0	0	0	⚙
HK 3402 Lecture 5	0	0	0	⚙
HK 3402 Lecture 6	0	0	0	⚙
HK 3402 Lecture 7	0	0	0	⚙

Rename

Options

Export

Delete

Lots of Settings

Default (used by 143 decks) ▼

Save ▼

Daily Limits

New cards/day ⓘ

50

↺

Maximum reviews/day ⓘ

9999

↺

New Cards

Learning steps ⓘ

5m 30m

↺

Graduating interval ⓘ

1

Easy interval ⓘ

4

Insertion order ⓘ

Sequential (oldest cards first) ▼

Success with Anki

How to be Successful with Anki

- Lecture → Notes → Make Cards → Do Cards
- Do the required cards every day!
- Be honest when rating the cards
- Give yourself time!
- Trust the algorithm

Benefits

- Less time studying
- Active recall mimics tests
- Can keep decks forever and can be shared
- Better memorization of facts
- Customize cards for your understanding
- Identifies weaknesses and strengths
- Portable and no Wifi needed (except Anki Web)

My Week Studying with Anki

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5 classes 1 lab	No classes	5 classes	1 lab	5 classes	0 classes	0 classes
Do required cards	Do required cards	Do required cards	Do required cards	Do required cards	Do required cards	Do required cards
Maybe make new decks	Make new decks Study new decks	Make new decks	Make new decks Study new decks	Make new decks	Make new decks Study new decks	Study new decks

Questions