

THEORY CORNER

ScEI Club



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Spaced Learning

Distributed practice builds durable learning.

Spaced Learning is an evidence-based instructional strategy that improves long-term retention by distributing learning and retrieval opportunities over time rather than concentrating them into a single session. Rooted in neuroscience research on long-term memory formation, spaced learning involves revisiting key concepts after planned intervals, allowing memory traces to strengthen with each retrieval. Research has consistently shown that spacing learning episodes leads to better retention and recall than massed practice or “cramming.” Spaced learning can be implemented through repeated exposure to key concepts, low-stakes quizzes, or review activities across days or weeks, helping learners retain information longer while promoting deeper understanding and more durable learning

Further Reading

Schut, S., et al. [Between trust and control: Teachers' assessment conceptualisations within programmatic assessment](#). *Medical Education*. 2020.

Sezgin, G.S., & Bektas, H. [Effects of spaced learning on knowledge acquisition, knowledge retention, and learning-related anxiety in health professions education: A systematic review and meta-analysis of randomized controlled trials](#). *Nurse Education Today*. 2026.

Timmer, M.C.J., et al. [Making a lecture stick: The effect of spaced instruction on knowledge retention in medical education](#). *Medical Science Educator*. 2020.