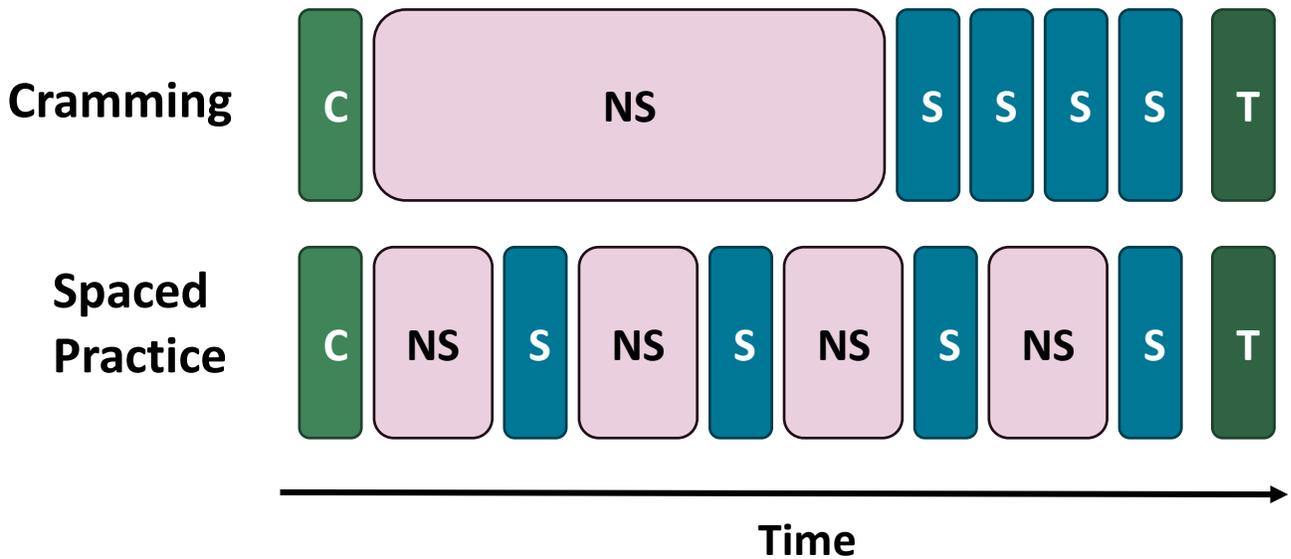


# Spaced Practice vs. Cramming



**Legend**

<b>C</b> Class	<b>NS</b> No Study (break or other coursework)
<b>S</b> Study	<b>T</b> Test

This diagram compares timelines for cramming and spaced practice.

In the cramming timeline, after class (C) there is a long span of time where no studying occurs (NS). This is followed by four blocks of study (S) in a row. Finally, there is a block of time corresponding to a test (T).

In the spaced practice timeline, after class (C) there is a short span of time where no studying occurs (NS), followed by a brief block of studying (S). The cycle of no studying/studying is repeated four times. Finally, there is a block of time corresponding to a test (T).