Research Friday: Spacing and Interleaving in the Real World

Objective: This worksheet will guide you through researching a real-world application of spaced or interleaved practice outside of psychology. By completing this activity, you will strengthen your understanding of how these learning techniques are used in different fields and connect them to the research discussed in *Make It Stick*.

Step 1: Identify a Field
Select a field where spaced or interleaved practice might be used. Circle one or write in your own idea:

- Sports Training
- Medical Education
- Language Learning
- Music Instruction
- Art or Creative Skills
- Military Training

Step 2: Conduct Your Research
Use the library's databases to locate an article that discusses spaced or interleaved practice in your chosen field. I would prefer that you find an empirical article.
Write down the following details:

Authors	
Year of publication	
Title of article	
Journal title	
Volume	
Issue	

Briefly summarize the article in your own words. Include information about the participants, method, and main findings. Write 3-4 sentences:

Step 3: Connect and Reflect
Using information from *Make It Stick*, explain how the concepts of spaced or interleaved practice are reflected in your selected source.

How does this strategy improve learning or performance in the field you researched?	
How might you apply these strategies to your own habits in the future?	