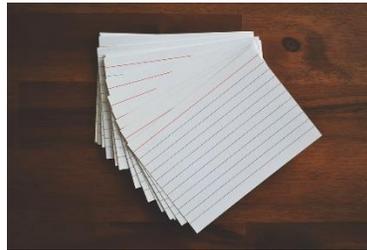
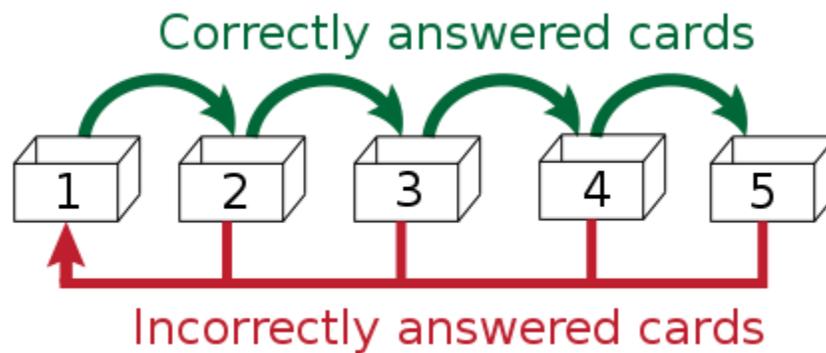


# Memory Techniques: Leitner Method



The Leitner Method is a method used when studying with flashcards.



The Leitner Method helps you determine your level of knowledge of each card and how well you know it. **This is a way to build structure or make a game while studying the flashcards.**

1. Start with 1 stack of all of your flashcards. Review each card. Do this regularly.



2. Each card that is answered correctly will move from box 1 to box 2. Review every other day.



3. Each incorrectly answered card will stay in box 1.
4. During your next review session, start with stack 2.



# Memory Techniques: Leitner Method



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5. Each card answered correctly will move up to box 3. Review every 3-4 days.



6. Each card answered incorrectly will move back down to box 1.



7. Continue with this method until all of your cards make it to box 3. Review the cards at least once a week.

## Note:

- This is a suggested timeframe. The timeframe is dependent on the amount of time before your quiz or test that you have to study. Two to three weeks would be ideal for this method, but this may not always be the case for you.
- This is also a suggested number of boxes. This method is very flexible, so you may choose to have more than 3 boxes. Three boxes is the minimum amount of boxes for the Leitner Method to be successful.

The Leitner Method is best for regular and consistent studying. Although this can be adapted for cramming, the ideal is for reviewing more than 5 days before the test.

**Check out some of the apps that your phone may support for this method of studying:**



LEEBA

(Free in the App Store)



Honey Word

(Free in Google Play)



Quizlet

(Available in apps and computer)

