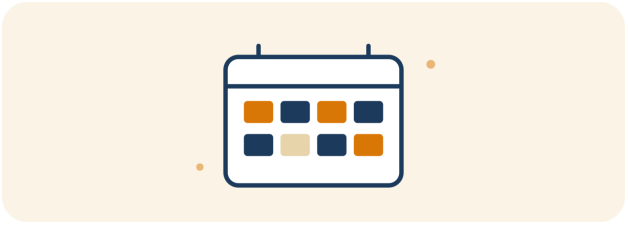
TUTORWOW

The Interleaving Study Plan

Why three hours on one subject barely sticks, and the rotation that fixes it



HSC ENGLISH

Studying one topic until it feels easy is called blocking, and "feels easy" is the trap. By the end of a long single-subject block your brain is recognising the material in front of you, not recalling it cold, which is the part that actually counts in an exam. Interleaving mixes topics so your brain does the hard retrieval that builds genuine memory.

01 How interleaving works

Rotate before it feels finished

- **Choose** two or three topics for the session.
- **Rotate** between them, switching before any one feels "done".
- **Come back.** The jolt of "wait, where was I" when you return is the retrieval that builds memory.

02 A sample two-hour session

- **0 to 40 min.** Module A: draft one connection paragraph.
- **40 to 80 min.** A maths topic: three practice questions from cold.
- **80 to 120 min.** Module B: plan one paragraph on textual integrity.

It feels more effortful than three hours on one thing, and that effort is the sign it is working.

03 Checklist

- I studied two or three topics in the session, not one.
- I switched before each felt finished, not after.
- I am recalling from cold, not rereading until it feels familiar.
- If it felt too smooth, I treated that as a warning, not a win.

Watch out. Mistaking fluency for mastery. Material that feels easy at the end of a long block is often just familiar. Test yourself from cold, later, and see what actually stuck.

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