

DeckCite Pilot Fixture: Study Science Notes.

Spaced repetition schedules reviews at increasing intervals.

The forgetting curve shows memory decaying without rehearsal.

Active recall strengthens retrieval paths more than rereading.

Interleaving mixes topics to improve discrimination of concepts.

Desirable difficulty is effort that produces durable learning.

Retrieval practice works best when it succeeds after some struggle.

Elaborative interrogation asks why a fact is true and connects ideas.

Dual coding pairs verbal material with visual representations.

Concrete examples anchor abstract principles in familiar contexts.

Sleep consolidates memory traces formed during daytime study.

Metacognition is the monitoring and control of your own learning.
Judgments of learning are often inflated by mere familiarity.
Self-explanation reveals gaps that passive review conceals.
The testing effect names the gain from practicing retrieval itself.
Feedback closes the loop between performance and correction.

Cue cards present a question on the front and an answer on the back.

A good question is atomic: it tests exactly one idea at a time.

Context on a card should be minimal but never ambiguous.

Leitner boxes move cards forward after correct answers.

Mastery means retrieving the answer quickly and without cues.

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