THE GOOD LEARNER PROJECT

Episode 6: Memory Is Built, Not Found

Memory · Retrieval practice · spacing · interleaving

By the end, you will stop rereading and start using the three habits that actually build lasting memory.

THE MOVE • Test, Space, Mix

Three habits that turn studying into memory. Each one feels harder than rereading. That is the point.

Habit	What it means	How to do it
Test	Pull it from memory instead of rereading	Blank page, flashcards, say it aloud without looking
Space	Revisit over days, not in one block	Short reviews spread out beat one long cram
Mix	Shuffle topics instead of blocking one	Harder now, much stronger later

USE AI AS A THINKING PARTNER • copy this prompt

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I'm revising [TOPIC]. Don't summarize it for me.

Generate 8 retrieval questions from easy to hard. Ask them one at a
time, wait for my answer, then tell me if I'm right and what to review.
Mix in one question from [AN EARLIER TOPIC] so I have to switch between
them.
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YOUR CHECKLIST THIS WEEK

- [ ] Replace one reread with a blank-page recall.
- [ ] Write five retrieval questions and answer them without looking.
- [ ] Space your reviews across three different days.
- [ ] Mix two related topics in the same session.
- [ ] Check what you got wrong and target that next time.

ONE SMALL BEHAVIOUR

This week, replace one session of rereading with one session of closing the page and writing down everything you remember. Then check the gaps.