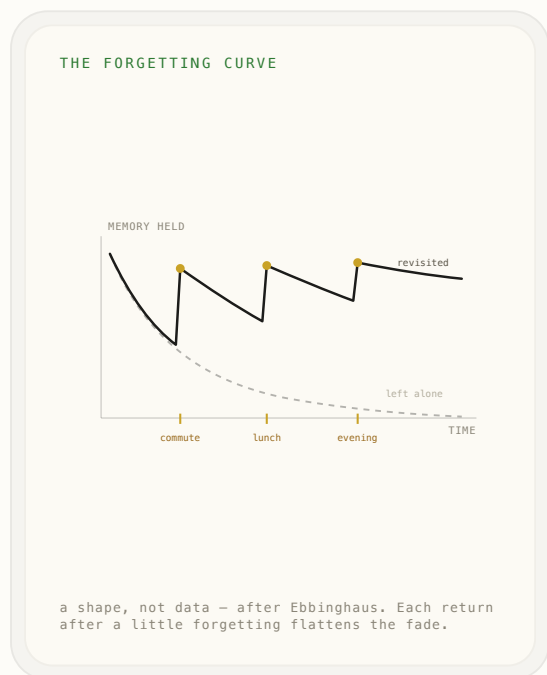
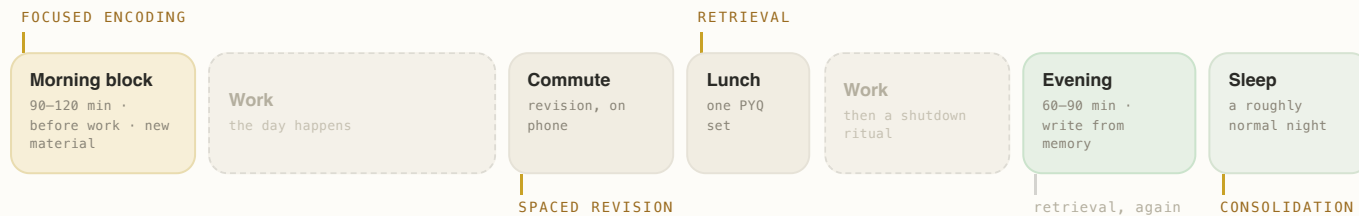


Your schedule, explained by memory science.

Four mechanisms of memory, already living inside an ordinary working day

ONE WORKING DAY, READ AS A STUDY DESIGN



MECHANISM 01

The spacing effect

Material you return to after a little forgetting has begun is held longer than material studied in one unbroken sitting.

MECHANISM 02

Retrieval practice

Producing an answer from memory strengthens it far more than reading the chapter again; the effort of pulling it out is the point.

MECHANISM 03

Consolidation in sleep

While you sleep, the brain stabilises the day's new memories and joins them to what you already know, so a kept night is study too.

MECHANISM 04

Anchoring to experience

New material sticks when it can attach to something lived, and a working day supplies anchors an empty calendar cannot.

THE HONEST COSTS · AND WHAT ANSWERS THEM

<p>Attention residue</p> <p>Work follows you to the study desk. The five-word fix: study before work claims you.</p>	<p>Fatigue</p> <p>Evenings run on a tired mind. Keep them for revision and writing, never for dense first reading.</p>	<p>Slower first pass</p> <p>Accepted openly. What is better retained now makes every later pass through the syllabus faster.</p>
--	---	---

Map your own day TAKE A PEN · YOUR DAY HAS FRAGMENTS THIS SHEET HASN'T MET

MY FRAGMENT _____ → MECHANISM _____

MY FRAGMENT _____ → MECHANISM _____

MY FRAGMENT _____ → MECHANISM _____

mechanism, choose from · spacing · retrieval · consolidation · anchoring

Nobody designed this schedule for memory. It simply behaves as if someone had.