



Interleaving

What is interleaving?

Interleaving is a study method that mixes different topics or types of problems within a single study session. This method helps prevent boredom and brain fatigue from studying the same concept in a single study session for too long, also known as the blocking study method (*studying a single topic or problem extensively before moving on to the next*). Interleaving is most effective once you have familiarized yourself with a particular topic and less so if you are trying to understand something for the first time. This Success Tool works best when used with the Pomodoro Method Success Tool.

Instructions

1. Determine the 2-4 topics or types of problems for your study session that you want to focus on. Gather all your materials.
2. Use the Pomodoro Method to set the timeframe for which you are going to study each topic or problem chosen.
3. Engage with one topic or problem for 1-2 Pomodoro intervals (25 minutes) and then take a short break (5 minutes).
4. Repeat Step 3 switching the topic or problem after every 1-2 Pomodoro intervals.

The graphic illustrates of the difference between a blocking and interleaving study method.

