

ANKI

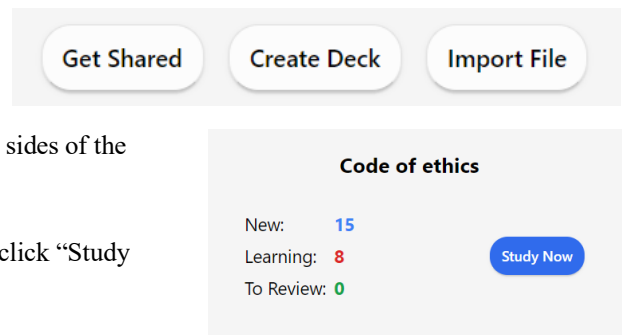
Anki is based on the science of spaced learning. If you wish to use Anki cards, please download the application to your computer which is located at <https://apps.ankiweb.net/>. Making physical flashcards is also effective.

It consists of (a) a free online account, (b) an optional phone app that you sync with the online account, and (c) an Excel file (saved in CSV format) comprised of two columns (the front of the card and the back of the card).

1. Create a CSV file with card fronts (e.g. Aristippus) in the first column and the Answer in the second column (e.g., school of hedonism. Maximize pleasure and Minimize Pain). I did the first one for you. You will need to find the answers for the rest

	A	B
1	FRONT Aristippus	Back School of hedonism. Maximize pleasure and Minimize Pain
2		
3	Who discovered REM?	(from the lecture on sleep)
4	What are the predictors of academic success?	(from the intro lecture)
5	What is social emotional learning?	(from the introductory lecture)
6	What is the 3+3 rule	(from the lecture on active recall)
7	Who create Cornell Notes	(from the lecture on note taking)
8	What is the technical name for 'squeezing it in'?	(from the lecture on scheduling)

2. Upload the file. Click on “Create Deck” to create a new deck (e.g., FSS1150). Then click on “Import File.” After you click on “Import File” and select a file, you should see this. Just make sure to change the Field Separate to “Comma” if you do not see both sides of the card.
3. Then select the “Deck” you would like to review and click “Study Now.”



4. When a card appears. Say the answer out loud and then click on “Show Answer” when you are done. You will see the correct answer (see below). Then, click on how you would judge your response. Was it easy or not? If you want to review it again, click “Again,” and you will see it in less than a minute.
5. Click on “Options” to change the frequency with which you will see the different cards (although you can start and restart any Deck at any time).

