

**DR. RACHEL SCHECHTER**

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# **# Activate Engagement**

Tips from Learning Sciences to  
Spark Deep Learning

**#5 Mix it Up**

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## TIP #5



# MIX IT UP

## Example Routine

Phonics, sight words, reading comp (RC)

## Activate Engagement by Mixing It Up

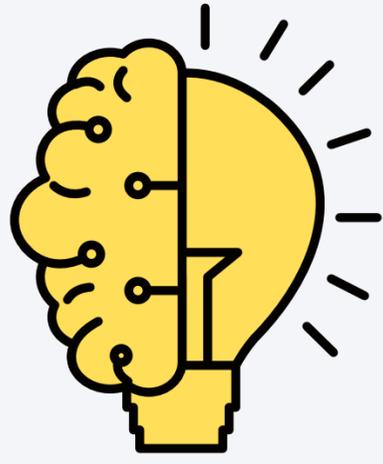
Day 1: Phonics, RC, Sight Words

Day 2: RC, Sight Words, Phonics

Day 3: Vocab, Phonics, RC

Day 4: Sight Words, Vocab, RC

Day 5: Phonics, RC, Vocab



## **THE SCIENCE**

**Recalling  
knowledge (and  
building on it) is  
critical, mixing up  
the order of recall  
(interleaving)  
deepens learning.**

# RECALL + MIXING = STRONGER

This tip combines two learning science principles related to retrieval practice: distributed (or spaced) practice and interleaving. Learners need time in between recall events in order to forget the information and then reconstruct it from long term memory. When we also re-arrange the order of the information to recall, we "struggle" a little more to reconstruct, which strengthens the neural pathways even more.

When we "mix it up" our minds also make new connections and interact with the information in a new way.

Dr. Rachel Schechter | #ActivateEngagement



# CONTACT US

FOR INQUIRIES

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