# Memorizing My Daybook

Steven Jonas

# Roger Craig and Jeremy Howard's Spaced Repetition Talks

#### Roger Craig on Spaced Repetition and Anki

Posted on June 25, 2013 by Ernesto Ramirez

Here at QS we're big fans of <u>spaced repetition</u>. We've seen it presented at various meetups where people have used different systems to learn languages, understand world geography, or in the case of today's subject, become one of the biggest winners on Jeopardy. <u>Roger Craig</u> has the distinct honor of not only being a wonderful advocate for Quantified Self, but having staring in our most watched Show&Tell video: "<u>Roger Craig on Knowledge Tracking</u>." In this insightful video, Roger tells the <u>New York QS Meetup group</u> how he first got into spaced repetition and how he uses <u>Anki</u>, his tool of choice.



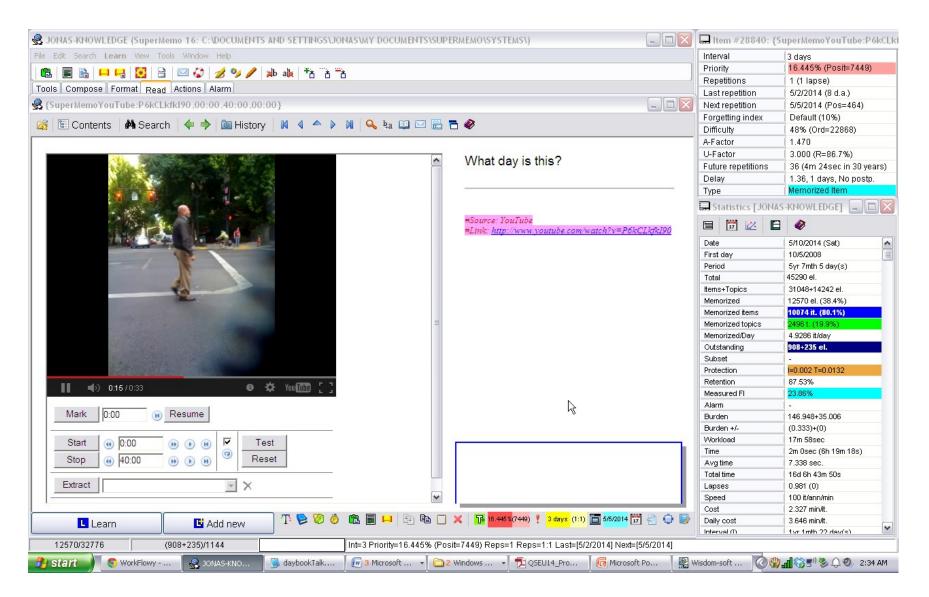
#### **Jeremy Howard on Language Acquisition Performance**

Posted on May 28, 2012 by Alexandra Carmichael

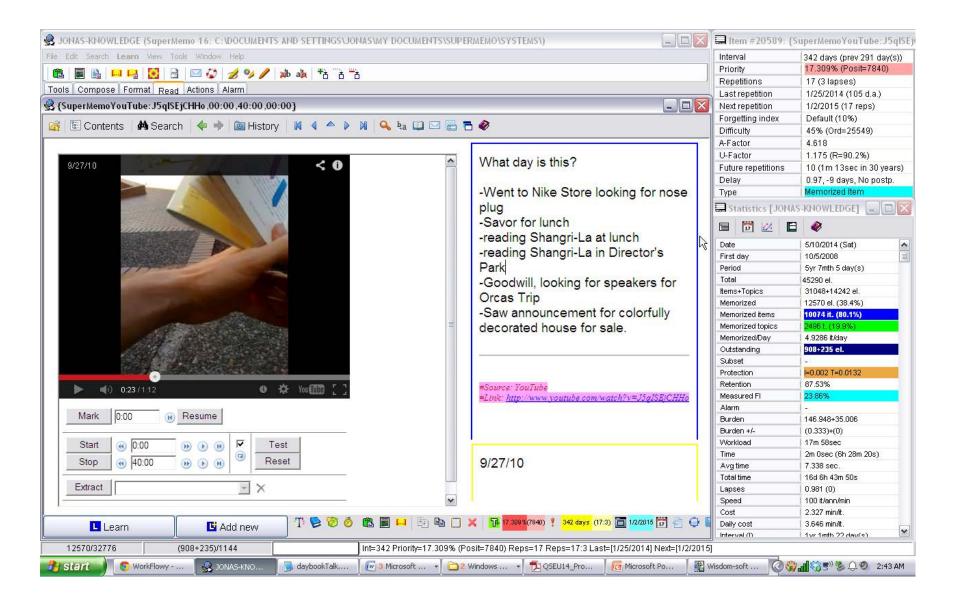
<u>Jeremy Howard</u> has been studying Chinese for the last two years. The method he uses is called spaced repetitive learning, found in <u>SuperMemo</u> and <u>Anki</u>, in which you prompt yourself to remember something just before you're about to forget it. Jeremy wrote his own software to track his learning, including variables such as time of day, what he ate, when he slept, what activity he was doing, etc, and correlated it with his learning. In the video below, he shows some of his data and talks about what surprised him along the way. (Filmed by the <u>Bay Area QS Show&Tell</u> meetup group.)



## Time-lapse video flashcard



### Video flashcard with notes



## The first card: July 4<sup>th</sup>, 2013

#### What day is this?

- -It was Independence Day, but I went to work. Adam was the only other person there. We di@n't speak.
- -Saw a guy on a skateboard stop a Max train, just so he could pick something up. He wore a pink fuzzy hat, with rainbow colored leggings.
- -Went to a BBQ at Jessica and James.
  - -Lisa didn't recognize me with my beard.
  - -I claimed to see Nicolette the day before and was absolutely wrong.
  - -I talked to Kris about the QS Europe Conference and her microbes-in-the-soil book.

### The Logic Puzzle

#### What day is this?

Ι

- -I broke down my aquarium at work and brought it home.
- -I raked the leaves in the street in front of the house.
- -Kaity came over and got lunch with Sada.
- -I got some bacon-coverd miniloaves from the Cultured Caveman cart.
- -Sada and I went to the Red Light District and Buffalo Exchange to get costume stuff. I was surprised to find a deerstalker cap.
- -We had dinner at Por Que No.

### **Answer Revealed**

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10/26/13

# Breakout Discussion on Spaced Repetition: Session 6, 3:00 in Stellenbosch

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