

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 [spaced repetition](#). 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. [Roger Craig](#) has the distinct honor of not only being a wonderful advocate for Quantified Self, but having starring in our most watched Show&Tell video: "[Roger Craig on Knowledge Tracking](#)." In this insightful video, Roger tells the [New York QS Meetup group](#) how he first got into spaced repetition and how he uses [Anki](#), his tool of choice.



Jeremy Howard on Language Acquisition Performance

Posted on [May 28, 2012](#) by [Alexandra Carmichael](#)

[Jeremy Howard](#) has been studying Chinese for the last two years. The method he uses is called spaced repetitive learning, found in [SuperMemo](#) and [Anki](#), 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 [Bay Area QS Show&Tell](#) meetup group.)



Time-lapse video flashcard

The screenshot displays the SuperMemo 16 software interface. The main window is titled "JONAS-KNOWLEDGE (SuperMemo 16: C:\DOCUMENTS AND SETTINGS\JONAS\MY DOCUMENTS\SUPERMEMO\SYSTEMS\)" and contains a video player on the left and a text area on the right. The video player shows a man walking on a street, with a progress bar at 0:15 / 0:33. The text area contains the question "What day is this?" and the source/link information: "#Source: YouTube" and "#Link: <http://www.youtube.com/watch?v=P6kCLqfkl90>". Below the video player are controls for marking, starting, stopping, and extracting the video.

On the right side, there is a "Statistics [JONAS-KNOWLEDGE]" window showing various metrics:

Item #28840: (SuperMemoYouTube:P6kCLkI90)	
Interval	3 days
Priority	16.445% (Posit=7449)
Repetitions	1 (1 lapse)
Last repetition	5/2/2014 (8 d.a.)
Next repetition	5/5/2014 (Pos=464)
Forgetting index	Default (10%)
Difficulty	48% (Ord=22868)
A-Factor	1.470
U-Factor	3.000 (R=86.7%)
Future repetitions	36 (4m 24sec in 30 years)
Delay	1.36, 1 days, No postp.
Type	Memorized item

Statistics [JONAS-KNOWLEDGE]	
Date	5/10/2014 (Sat)
First day	10/5/2008
Period	5yr 7mth 5 day(s)
Total	45290 el.
Items+Topics	31048+14242 el.
Memorized	12570 el. (38.4%)
Memorized items	10074 it. (80.1%)
Memorized topics	2496 t. (19.9%)
Memorized/Day	4.9266 it/day
Outstanding	908+235 el.
Subset	-
Protection	=0.002 T=0.0132
Retention	87.53%
Measured FI	23.86%
Alarm	-
Burden	146.948+35.006
Burden +/-	(0.333)+(0)
Workload	17m 58sec
Time	2m 0sec (6h 19m 18s)
Avg time	7.338 sec.
Total time	16d 6h 43m 50s
Lapses	0.981 (0)
Speed	100 it/ann/min
Cost	2.327 min/it.
Daily cost	3.645 min/it.
Interval (I)	1yr 1mth 22 day(s)

At the bottom of the interface, there is a status bar showing "Int=3 Priority=16.445% (Posit=7449) Reps=1 Reps=1:1 Last=[5/2/2014] Next=[5/5/2014]" and a taskbar with various open applications and the system clock showing 2:34 AM.

Video flashcard with notes

The screenshot displays the SuperMemo software interface. The main window is titled "JONAS-KNOWLEDGE (SuperMemo 16: C:\DOCUMENTS AND SETTINGS\JONAS\MY DOCUMENTS\SUPERMEMO\SYSTEMS)". The video player shows a person holding a yellow envelope. The notes on the right are:

What day is this?

- Went to Nike Store looking for nose plug
- Savor for lunch
- reading Shangri-La at lunch
- reading Shangri-La in Director's Park
- Goodwill, looking for speakers for Orcas Trip
- Saw announcement for colorfully decorated house for sale.

Source: YouTube
Link: <http://www.youtube.com/watch?v=J5qISEjCHHo>

9/27/10

The statistics panel on the right shows the following data:

Interval	342 days (prev 291 day(s))
Priority	17.309% (Posit=7840)
Repetitions	17 (3 lapses)
Last repetition	1/25/2014 (105 d.a.)
Next repetition	1/2/2015 (17 reps)
Forgetting index	Default (10%)
Difficulty	45% (Ord=25549)
A-Factor	4.618
U-Factor	1.175 (R=90.2%)
Future repetitions	10 (1m 13sec in 30 years)
Delay	0.97, -9 days, No postp.
Type	Memorized Item

The statistics panel also includes a section for "Statistics [JONAS-KNOWLEDGE]" with the following data:

Date	5/10/2014 (Sat)
First day	10/5/2008
Period	5yr 7mth 5 day(s)
Total	45290 el.
Items+Topics	31048+14242 el.
Memorized	12570 el. (38.4%)
Memorized items	10074 it. (80.1%)
Memorized topics	2496 t. (19.9%)
Memorized/Day	4.9286 it/day
Outstanding	908+235 el.
Subset	-
Protection	=0.002 T=0.0132
Retention	87.53%
Measured FI	23.86%
Alarm	-
Burden	146,948+35,006
Burden +/-	(0.333)+(0)
Workload	17m 58sec
Time	2m 0sec (6h 28m 20s)
Avg time	7.338 sec.
Total time	16d 6h 43m 50s
Lapses	0.981 (0)
Speed	100 it/ann/min
Cost	2.327 min/it.
Daily cost	3.646 min/it.
Interval (I)	1yr 1mth 22 day(s)

The first card: July 4th, 2013

What day is this?

- It was Independence Day, but I went to work. Adam was the only other person there. We didn'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.

7/4/13

The Logic Puzzle

What day is this?

I

- 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-covered 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

What day is this?

- 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.

10/26/13

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

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