



- DÍA 3 -

Uh-oh, your vocabulary is expiring!

It's time to use science to boost our learning!

As you've seen in the video, one of the most important theories about learning is the "Forget-To-Learn" theory developed by the American journalist Benedict Carey.

According to this theory, the more we struggle to retrieve a piece of information, the stronger that connection will become. Therefore, it is **VITAL** to leave some time between the memorization and the retrieval. But... ¿how much time exactly?

For that, the Spaced Repetition Theory comes in handy.

Of course, it is not my intention to explain to you all the boring algorithms used to identify the perfect intervals. Instead, I am going to introduce you to the resource you'll be using from now on: Flashcard Apps.

A flashcard app is basically an app that allows you to create flashcards and then "play" with them trying to remember them. After you recall a word, the app will ask you how difficult it was to retrieve that information ("*Super Easy*", "*Easy*", "*Normal*", "*Difficult*" and "*Super Difficult*"). Depending on what you answer, the app will calculate the exact amount of time you need to wait in order to see that flashcard again. Sounds cool, doesn't it?

It's **EXTREMELY IMPORTANT** that you give that feedback to the app. Avoid any flashcard app that does not ask you to give feedback about the difficulty.

Let's review now some of the most popular flashcard apps in the market (*and free, of course*). Each one of those apps has different features and different aesthetics. Try them to find the one that suits you best:



How to use a Flashcard App?

It's very simple. You just need to keep working on your Spanish as you've done so far. But now, every time you learn something new, I want you to create a flashcard with that information. It may be:

- New words
- New expressions and idioms
- Difficult Spellings
- Complicated grammar rules
- Daily sentences
- Notes for yourself
- ...

But remember, only adding the flashcards won't make it. You need to make sure you play with those flashcards for 5/10minutes every day. Like when you play candy crush or Clash Royale while you are in the toilet. SAME THING!

If you get to be consistent on this, I promise you your vocabulary will increase so much in no time. And most importantly, you will never forget a new word again!