

FLASHCARDS 101

WHY SHOULD I USE FLASHCARDS?

Flashcards are one of the most effective study tools because they use active recall and spaced repetition to boost memory. This method will help you retain detailed information and quickly memorize key concepts.



HOW DO I MAKE A FLASHCARD?

- Keep it simple: One question or concept per card.
- **Front** = Question / Prompt
- Example: Function of mitochondria?
- **Back** = Answer / Key info
- Example: Powerhouse of the cell - produces ATP through cellular respiration.
- Use your own words (do not copy word for word from the slides or textbook).
- Be concise - use as few words as possible
- Add visuals where possible (diagrams, symbols, color coding).
- Break down big concepts into smaller cards instead of cramming everything onto one.

TIPS AND TRICKS FOR USING FLASHCARDS

- Shuffle cards often so you don't just memorize the order.
- Say the answer out loud before flipping.
- Separate into "Know it" and "Need to Review" piles.
- Use them for:
 - Vocabulary and definitions
 - Key theories or concepts
 - Formulas and processes



DIGITAL FLASHCARDS

Not all flashcards need to be paper-based! Luckily, there are wonderful digital options available that make creating flashcards a quick and easy task. These include:

- **Quizlet** – Create sets or search millions of existing ones; practice with games and quizzes.
- **Anki** – Uses spaced repetition to show you cards right before you're likely to forget them.
- **Brainscape** – Rate how well you know each card and review weaker ones more often.



BEST PRACTICES

- Study flashcards in short sessions (10–15 minutes).
- Aim to review each set of flashcards 2-3 times a week
- Review consistently over time instead of cramming.
- Pair with other methods (summaries, practice problems) to gain a deeper understanding of the content



References

Cloke, H. (2024, March 27). Spaced Repetition: the ultimate guide to remembering what you learn. Growth Engineering. <https://www.growthengineering.co.uk/spaced-repetition/>