

Revisiting at D+1, D+7 and D+30

What we know. A large part of what we have just learned is forgotten fast. Studies show that spreading your revision over time helps you remember better than bunching it together, and that testing yourself from memory helps more than rereading.

The method. The day you learn a word is D0 (D for day). Then test yourself at D+1, D+7 and D+30, that is, 1, 7 and 30 days later. Testing yourself means hiding the meaning (or the word) and trying to recall it before checking.

These days are a practical marker, not a law. If you miss a day, do the test the next day: the principle stays the same. Words you recall easily can stay where they are; those that resist come back in the “Words still to revisit” column.

Example: a word learned on day 10 is revisited on days 11, 17 and 40. The review schedule writes these days for you.

My first word in the notebook: _____

Its D0: _____

How I test myself (hide the meaning, say it aloud, write it...)

Week 1: days 1 to 7

One page per week, from day 1 to day 90: the time spent, what you did, your words and your feeling.

The feeling goes from 1 (hard going) to 5 (pleasant): it is not a grade. Leave it empty on a rest day.

From _____ to _____ My goal for the week: _____

Sessions of the week: cross off a day when you did a session

☐ Day 1
 ☐ Day 2
 ☐ Day 3
 ☐ Day 4
 ☐ Day 5
 ☐ Day 6
 ☐ Day 7

Day	Minutes	What I did	Words and phrases noted	Feeling
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

What was easy or pleasant

What was hard, and what I change next week

Word notebook (1)

The words and expressions you want to remember, with an example sentence and three review boxes.

Write the word in the language you are learning, the way it is written. The day no. is the one you learned it on (D0). Tick each test you did.

Word or expression	Meaning, in my language	Example sentence	Day no.	D+1	D+7	D+30
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐
				☐	☐	☐

Example of a word notebook

A fictional example to see how a page is filled in. Your words, your language and your script will be your own.

Fictional example, unofficial, for illustration: everyday words in four different languages. Your notebook will contain only the language you are learning.

Word or expression biblioteca	Meaning, in my language library	Day no. 3	☒ D+1 ☒ D+7
Example sentence "La biblioteca abre por la mañana."			
Word or expression شكرا	Meaning, in my language thank you	Day no. 5	☒ D+1
Example sentence "شكرا على مساعدتك."			
Word or expression 你好	Meaning, in my language hello	Day no. 8	☒ D+1
Example sentence "你好，很高兴认识你。"			
Word or expression вода	Meaning, in my language water	Day no. 12	
Example sentence "Я пью воду."			

The four lines show words from four different languages: Spanish, Arabic, Chinese and Russian. In your journal, one page contains a single language, the one you are learning.

Each line is filled in the same way: the word, its meaning in your language, a whole sentence that contains it, the day you learned it, then a box ticked at each test.

My first word: _____ My first sentence: _____

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