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## **Intensification Strategy: Distributed Practice**

Strong positive effects of spaced practice have been found in a wide variety of contexts. Carlous Caple summarized this body of research as follows:

The **spacing effect is an extremely robust and powerful phenomenon**, and it has been repeatedly shown with many kinds of material. Spacing effects have been demonstrated in free recall, in cued recall of paired associations, in the recall of sentences, and in the recall of text material.... Also the **effect of spaced study can be very long-lasting**.

Caple, C. (1996). The effects of spaced practice and spaced review on recall and retention using computer assisted instruction. Ann Arbor, MI: UMI.

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