

Flashcard Guide and Leitner Box Schedule

Spaced repetition for students — how to write good cards and run a paper Leitner box

1. The four rules of a good flashcard

Rule	What it means	Example
One fact per card	A card you can grade right or wrong in two seconds	Not “All laws of electrostatics” — one law per card
Ask a real question	The front must make you recall something specific	“Energy stored in a capacitor?” → $U = \frac{1}{2}CV^2$
Make your own cards	Writing the card is part of learning; match your syllabus	Build cards from your NCERT chapter and class notes
Keep long answers out	Cards are for formulas, definitions, reactions, dates, key terms	Practise derivations and 5-mark answers on paper

2. Weak card vs strong card

Subject	Weak card	Strong card
Physics	Capacitors	Front: Energy stored in a capacitor? Back: $U = \frac{1}{2}CV^2$
Biology	Lac operon	Front: Which lac operon gene codes for the repressor? Back: the <i>i</i> gene
Chemistry	Named reactions	Cloze: Aldehydes without an α -hydrogen undergo the [...] reaction (Cannizzaro)
Accountancy	Goodwill	Front: In what ratio is a new partner's premium for goodwill shared? Back: sacrificing ratio
Maths	Integration	Front: $\int 1/(x^2 + a^2) dx = ?$ Back: $(1/a) \tan^{-1}(x/a) + C$

3. The Leitner 5-box schedule

Every new card starts in Box 1. Get it right → it moves up one box. Get it wrong → it goes back to Box 1, wherever it was.

Box	Review it	When you answer correctly	When you answer wrongly
Box 1	Every day	Move to Box 2	Stays in Box 1
Box 2	Every 2 days	Move to Box 3	Back to Box 1
Box 3	Every 4 days	Move to Box 4	Back to Box 1
Box 4	Every week	Move to Box 5	Back to Box 1
Box 5	Every 2 weeks	Retire it, or keep it in Box 5 until the exam	Back to Box 1

4. Which boxes are due? (2-week cycle, then repeat from Day 15)

Box	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10	D11	D12	D13	D14
Box 1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Box 2	✓		✓		✓		✓		✓		✓		✓	
Box 3	✓				✓				✓				✓	
Box 4	✓							✓						
Box 5	✓													

5. Daily routine (about 20 minutes)

- Same time every day. Clear due reviews first; add new cards (10–20) only after.
- Say or write the answer before you flip the card. Half-remembered = wrong.
- Grade honestly (Anki: Again = forgot, Hard = struggled, Good = recalled, Easy = instant). Behind? Pause new cards until the backlog is gone.

Printable Flashcard Templates

Print, cut along the lines, and fold each card in half: question on the front, answer on the back.

Front (question)	Back (answer)
Subject: _____ Chapter: _____	
Subject: _____ Chapter: _____	
Subject: _____ Chapter: _____	
Subject: _____ Chapter: _____	
Subject: _____ Chapter: _____	
Subject: _____ Chapter: _____	
Subject: _____ Chapter: _____	
Subject: _____ Chapter: _____	