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集中学習と分散学習に関する心理実験

—鏡映描写法を使った学習効果の測定—

A Psychological Experiment on the Massed Learning and the Spaced Learning

—A Measurement of the Effects of Learning by the Mirror Drawing Test—

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Abstract

The effect of the perceptual-motor learning is influenced by how to take a break during a range of learning time. Generally the spaced learning with a break is more effective rather than the massed learning without a break. In order to verify the space learning is more effective, this experiment tries to measure the effects of two learning styles by the mirror drawing test. Additionally, it is confirmed whether the plateau effect (the standstill) is observed or not.