How to Use Osmosis and Anki

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Please make sure you sign in!!
Importance of Spaced Repetition

- Helps with forming long term memory
- Learning is similar to building a brick wall. If done too quickly, mortar won’t have time to set.

https://ie-today.co.uk/Article/the-power-of-repetition/
Creating a Quiz on Osmosis
“Flashcards” are pre-made cards from the Brosencephalon (Anki) deck
Can customize a “Quiz” with specific topics after you learn the content or for review
Can add as many topics as you would like to a “Quiz” by simply checkmarking them
Make sure to alter “Max Quiz Size” if you have more cards selected than the “Max Quiz Size”
If you want to redo cards that you have previously done (and have gotten them right), you will need to change the settings once you click “Build Quiz”.

- 7 Flashcards

Estimated Time: 1 min.

More options

Group

- New
- All
- Incorrect
- Not answered today

Accuracy and confidence

- 260 correct with high confidence
- 7 correct with medium confidence

274 Flashcards

Browse  Save to queue  Start
Making/Uploading Decks
“Decks” is where you can make your own cards or upload pre-made decks.
● Can create a new deck and make flashcards for content that Osmosis does not cover
● Can also upload Anki decks (maximum Anki deck size=30 MB)
Can make different styles of cards through the settings (similar to Anki)

- **None**
  Traditional flashcards with a front and a back.

- **Single blank**
  Randomly replace one underlined or bracketed word with a blank.

- **All blank**
  All underlined or bracketed words are replaced with blanks.

- **Anki-style**
  Uses Anki's cloze formatting, e.g. `{cN:term}`.
Daily Repetition
Once you have done a card, it will automatically be incorporated into your “Daily Repetition”.

Every day, Osmosis will populate cards that you have previously done for review. Some of the cards are from the previous day, some are from 10 months ago.
● You can edit some of the daily repetition notecards when working on the cards.
● Osmosis has an algorithm for spaced repetition (Auto), but you can alter it in “Settings”--> “Repetition Settings.”
Rescheduling Daily Repetition

Because we all miss a day (or two), every once in a while...
- Click on “Settings” on main task bar
- Click on “Spaced Repetition” to make alterations to your flashcard settings
- Can reschedule overdue Osmosis cards or cards you have made/uploaded from Anki (School-created flashcards)
  - It will ask you over how many days to you want to spread X number of cards that you have missed.
  - Be realistic about how many cards you can make up each day. For example, if you miss a week of cards, it would be difficult to do them all up in 2 days.
  - Also, be aware that you are still getting the new daily repetition cards on top of the rescheduled cards.
- Can clear your Flashcard History for a fresh start on the cards
Creating Quizzes/Questions from School Lectures
Click on “Workspaces” on the main menu task bar

Choose the workspace applicable to you
  ○ It can be helpful to join all of the campuses workspaces, especially if they are adding flashcard decks
● Click on “Quiz Builder”, then “Course Calendar”
Choose the dates that you want the quiz to contain content from, along with if you want flashcards or Board Style Questions
  ○ These quizzes are based on topics contained within powerpoints uploaded to Osmosis by faculty
● Make sure to change the source to “From Osmosis”
## Advantages

- Totally free app for computer and Android phone (setting up [Anki Mobile](#))
- Many pre-made decks already available
- Adjustable spaced repetition intervals/daily card maximum
- Many “add-ons” that make it more user friendly

## Disadvantages

- If you don’t do cards everyday, they rapidly pile up. Need to have a routine
- Can be intimidating to use/not user friendly
- Need to be careful to not fall into the trap of just memorizing the card. Need to do active recall
- Not as aesthetically pleasing as other flashcard apps
Pre Made Decks and Deck Organization

AnKing deck—no copyright violations

There are also many AnKing video tutorials online

You can make decks for each block or week and add cards to them from premade decks or make your own cards.

One other example of how to organize decks is to have 3 main decks and review them daily:

1) **Class** (cards from topics covered this week)

2) **Combined Current** (cards from past weeks in the block)

3) **Combined Review** (cards from past blocks)
How to Download a Premade deck

Find many pre made decks in the Medical School Anki Subreddit sidebar or google search, AnKing deck is a good source that does not violate copyright laws.

To install a deck, download it and double click on the .apkg file.

You may have to restart anki after installing decks.
How to Make a Deck

Create deck button at bottom of home screen

Type in the name of the deck in the pop up window

The deck will appear on the home screen
Click the [Sync] button on the top right hand corner and **create an AnkiWeb account (it’s free and allows you to sync between all your devices)**. Then go to [Anki] → [Preferences] and have the settings for each tab as follows:

(This part and spaced repetition settings are from [Shamim’s Guide To Medical School Using Anki](https://www.shamimsurgery.com/anki-guide))
**Synchronisation**
- Synchronize audio and images too
- Automatically sync on profile open/close
- On next sync, force changes in one direction

**Backups**
Anki will create a backup of your collection each time it is closed or synchronized.

- Keep backups
- Compress backups (slower)

Open backup folder
Note: Media is not backed up. Please create a periodic backup of your Anki folder to be safe.

Some settings will take effect after you restart Anki.

**Adjust range**
- Days before: 10
- Days after: 10
- Max time before: 6 days
- Max time after: 4 days
- Min time before: 1 days
- Min time after: 1 days

**Ease balancing**
- Workload:Ease: 80

**Other**
- Schedule based on each deck load
Spaced Repetition Settings

Click the **gear icon next to the main decks** to open up [Options]. The [Options group:] should be [Default].

Click the New Cards tab and change settings in the New Cards tab to this picture→

These settings allow you to change how many cards you can add per day, and how often you see the cards.
Do the same for the Review Tab--->

These settings allow you to control how many cards you review in a day and the longest interval for reviewing a card (maximum interval is set to 3 months, meaning that even if you remember the card every single time, you will see it again in 3 months instead of never)
And Lapses Tab--->

These settings allow you to control how much time goes by if you forget a card and need to relearn it (it is set to 15 min, and if you remember it again then you will see it in 1 day).
And General tab ----->
How to Add Cards to a Deck/Search

Adding cards to a deck based on tags:

- **Browse>filter>tag** (depending on the deck, cards may be tagged by topic or organ system, making them easy to find)

  Select one card or all of them (ctrl A) then right click>**Change Deck (or ctrl D)** to switch the cards to the desired deck. Click the deck or type in the deck name you want to move the cards to and they will be there when you exit the browse window.

Adding cards from deck name:

- **Browse>filter>deck**

  or find the deck from the sidebar of the browse window (If the sidebar doesn't automatically appear in the browse window, go to **filter>sidebar** and it should appear)

Many decks are sorted with drop down menus in the sidebar, making it easy to find cards.

Then add cards by changing the deck they belong to (Ctrl D)
Browse > Filter > tags/decks

or

type in keywords into the searchbar
How to Make Your Own Anki Card

A "basic" card is easy to start with since you can type out the front and back of the card. Clicking on the card “Type” will enable you to make a variety of cards. One that may be useful is a “Cloze Deletion” card. These are essentially fill in the blank cards.
Cloze Deletion

There is some special language you use to make Cloze Deletion cards (see top card on the right --->)

This card will actually make 2 cards:
Use similar language for any fill in the blank card
How to study

Try to do all of the “due” cards for that day!

When you are done with the deck for the day, a message will come up saying “Congratulations!” If you have more cards due, there will be another message under that saying: "Today’s review limit has been reached, but there are still cards waiting to be reviewed.” To do those cards, go to custom study at the bottom of the window>> Increase today’s New/Review card limit

If you decide to use the three deck system with “Class,” “Combined Current,” and “Combined Review” decks, you would study all the “due” cards from each deck everyday. That way, you are studying old content as well as stuff you are learning during class.

The key to anki is keeping up with it everyday and making it a habit! But, if you do miss some days, you can always increase the number of cards you do when you are catching up.
Custom Study Session

If you want to cram or study cards of a certain topic, go to **Browse>Search** and type in keywords or find the relevant tag for the cards you want to study. **You can make a separate deck for those cards without messing up your current decks!**

At the home window go to **Tools>Create Filtered Deck**, type the tag in the search bar for the cards you want to study, then restart Anki. You can also add cards to this deck after creating it.

If you are done and want to study those cards again, hit **Rebuild**.
Anki Add ons

https://medshamim.com/med/must-have-anki-add-ons

Add ons for anki 2.1

Add ons for anki 2.0

In the home window go to Tools>Add ons>Get Add-ons. Then type the add on code into the box

To get the add on code, go to one of the links above, click on the add on you want, then copy/paste code into the install addon window

Add on examples:

- Customize keyboard shortcuts
- Edit field during review
- Hierarchical tags addon 20 21
- Image occlusion enhanced for anki 21 alpha
- Night mode
- Pop up dictionary beta
- Web browser-search selection import texts and images automatically
Thanks! Make sure you signed in!

Reach out to Janice Tamplin for large group, small group, or 1-on-1 peer education services.

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