

How To Retain 90% Of Everything You Learn

Source: <http://www.psychotactics.com/art-retain-learning/>

Imagine if you had a bucket of water. And every time you attempted to fill the bucket, 90% of the water would leak out instantly. Each time you filled the bucket, you would only retain a measly 10%. How many times would you keep trying to fill the bucket the same way? The answer is simple: just once.

The first time you noticed the leak, you'd take action

You'd either fix the bucket or you'd get another bucket. Think of the bucket as your brain. You can't get a new one, so we better figure out a better way to fix the problem.

Unfortunately, when it comes to learning, we keep using the leaky bucket method.

Almost all of us waste 90% of our time, resources and learning time, because we don't understand a simple concept called the Learning Pyramid.

To summarize the Learning Pyramid - learners retain approximately:

- 5% of what they learn when they've learned from lecture.
- 10% of what they learn when they've learned from reading.
- 20% of what they learn from audio-visual.
- 30% of what they learn when they see a demonstration.
- 50% of what they learn when engaged in a group discussion.
- 75% of what they learn when they practice what they learned.
- 90% of what they learn when they teach someone else/use immediately.

How do you avoid losing 90% of what you've learned?

When you are learning something new, do something with it. Draw it in a graphic organizer. Talk to other people about the concept. Write a summary about it. Make an audio recording. Draw a picture of it. And anything else you can do to continually look at the material. A simple concept is never just learned. It needs to be discussed, talked, written, felt etc.



Source: National Training Laboratories, Bethel, Maine