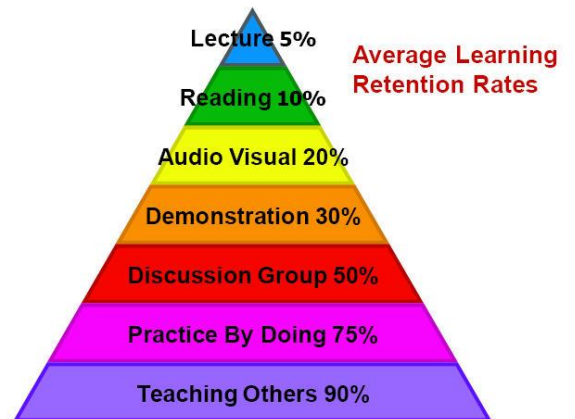


The Learning Pyramid was developed in the 1960s by the NTL Institute in Bethel, Maine.

5% from lecture.
10% from reading.
20% from audio-visual.
30% from a demonstration.
50% from engaging in a group discussion.
75% from when you practice what you learned.
90% from when you teach someone else/use immediately.



Source: National Training Laboratories, Bethel, Maine

Curve of Forgetting

The Curve of Forgetting describes how we retain or get rid of information that we take in. It's based on a one-hour lecture.

