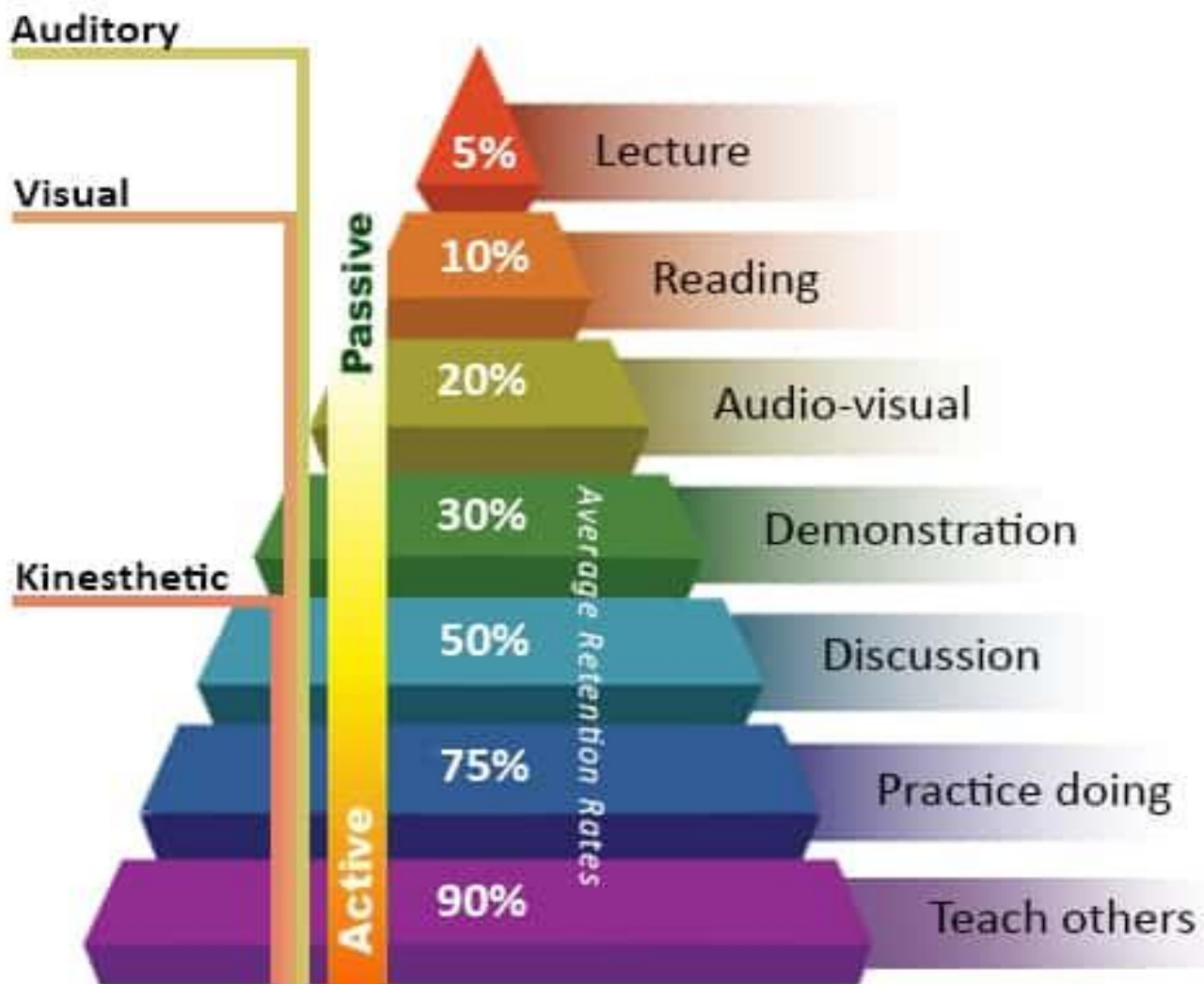


THE LEARNING PYRAMID

Studies show that varying your study methods and materials will improve your retention, your ability to recall information, and enhance your learning experience. The “learning pyramid”, developed by the National Training Laboratory, suggests that most student only remember 10% of what they read from textbooks, but retain nearly 90% of what they learn through teaching others. The Learning Pyramid model suggests that some methods of study are more effective than others and that varying study methods will lead to deeper learning and longer-term retention.



Adapted from the NTL Institute of Applied Behavioral Science Learning Pyramid