

# ACTIVE VS PASSIVE LEARNING

INTEGRATED SUCCESS  
**COACHING**

**After 2 weeks, we tend to remember:**

**Examples:**

**How can I make my study methods more active?**

10% of what we **read**  
(passive)

- Simply read the chapter
- Read and highlight
- Read repeatedly over notes

20% of what we **hear**  
(passive)

- Simply listen to a lecture
- Listen to a lecture while doing something else

30% of what we **see**  
(passive)

- Look at textbook graphics
- Look over notes
- Look at example math problems
- Look at flashcards

50% of what we **see and hear**  
(passive)

- Watch a YouTube video
- Watch an Echo lecture

70% of what we **say**  
(active)

- Review material in a study group
- Repeat materials out loud

90% of what we **say and do**  
(active)

- Pace + review a concept out loud
- Teach a concept to someone
- Rewrite notes in your own words
- Do a presentation
- Make a concept map
- Write down answers to flashcards before checking the back
- Link what you're learning to what you already know

I see and I forget.  
I hear and I remember.  
I do and I understand.  
- Confucius

 **Transformative Learning**