

Training Tip 5

# Learning to remember

**AFTER TWO WEEKS WE TEND TO REMEMBER ...**

10% of what we read

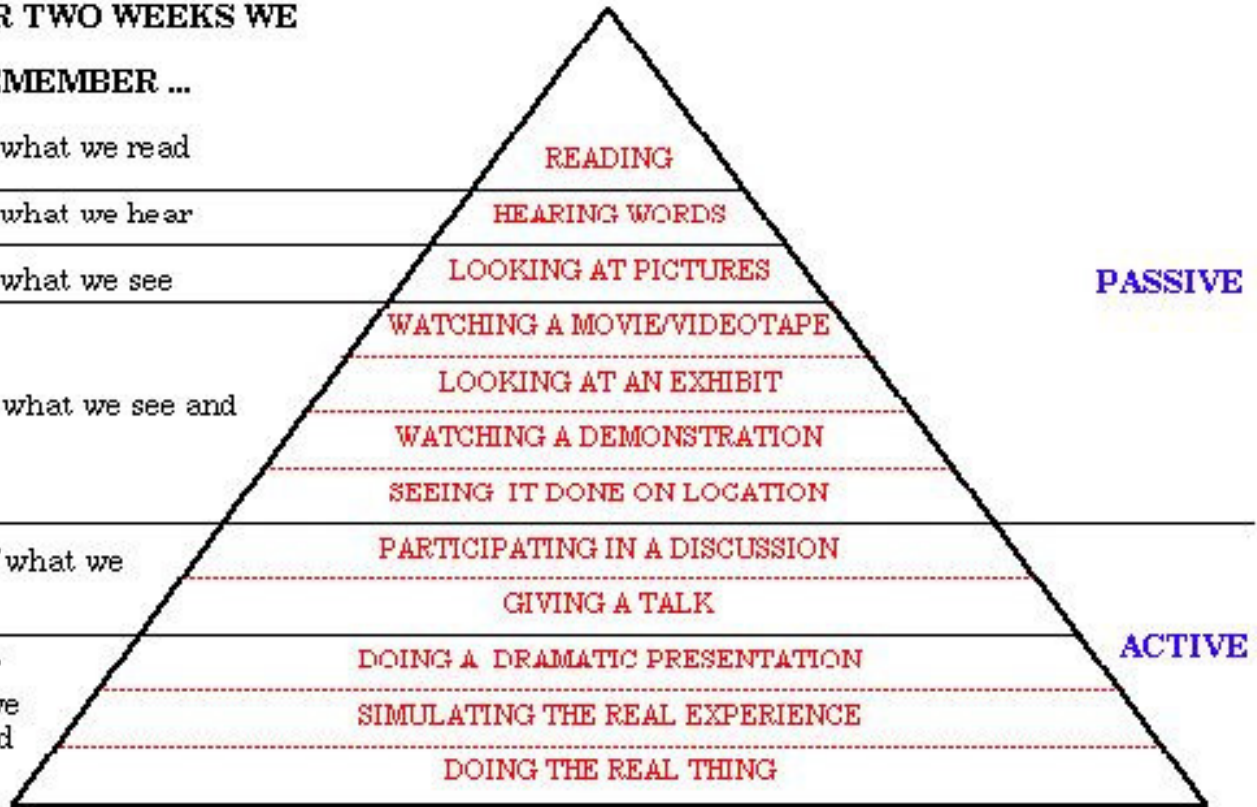
20% of what we hear

30% of what we see

50% of what we see and hear

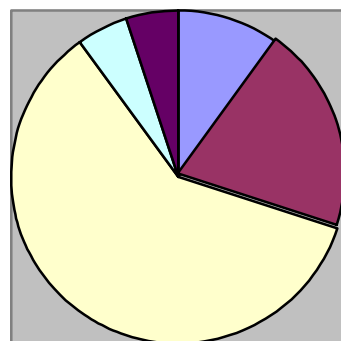
70% of what we say

90% of what we say and do



Adapted from: Edgar Dale *Audio-Visual Methods in Teaching*, Holt, Rinehart and Winston.

**I hear but I forget  
I see and I remember  
I do and I understand**



- Time**
- 10 % Explanation
  - 20% Demonstration
  - 60% Discussion
  - 5% Recall
  - 5% Planning follow-up

**What does this mean for parent information sessions?**