How should I get started learning?

This article walks you through your first steps on Big Think+ so you can start strong and personalize your learning experience from the start.

Once you're [logged in](#) and have [shared your role and interests with us](#), the fastest way to learn is by exploring the platform and finding content that grabs your interest. Once you get started, we'll learn what you like and recommend more of it. Here's how to dive in confidently and get the most out of your learning from day one.

Jump into a lesson

Choose a topic that catches your eye. There are no wrong choices!

At the top of your homepage, you can find quick links to **Company Curations** (content your organization has published), **Recommendations** (based on your interests or role), **Popular**, **5 Minutes or Less**, and **Newest** which are all great places to start if you're short on time or looking for inspiration.

Company Curations	Recommendations	Popular	5 Minutes or Less	Newest

Save what sparks your interest

If you find something interesting but don't have time to finish it, click the **+** icon on the lesson to add it to your **Watch Later** list. You'll find it anytime in your [saved content](#).

Record your thoughts

After watching, [take a moment to reflect](#). Each lesson includes a Learner Guide to help you apply what you've learned, plus a private Notes section where you can jot down ideas or reminders.