

How do I view my progress or pick up where I left off?

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This article explains how Big Think+ tracks your learning activity, including seeing what you've completed and how to return to content you've started.

Whether you're completing a full course or watching a single lesson, it's easy to see how far you've come and to jump back in at any time.

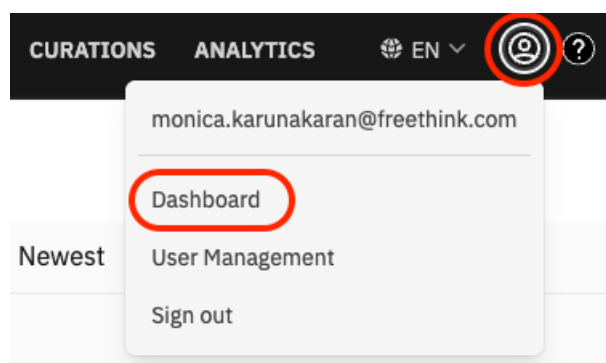
Where can I see my completed content?

Your **Dashboard** displays any content where you've reached at least 75% completion. This includes:

- Video Lessons
- Expert Classes
- Learning Paths
- Courses
- Curations

To access your Dashboard:

1. Click your **profile icon** in the top-right corner of the screen
2. Select **Dashboard** from the dropdown menu
3. Scroll to see the list of completed items



How can I pick up where I left off?

Completion of in-progress content appears visually across the platform.

- A **yellow progress bar** shows how much of a lesson or class you've already watched
- You'll see this bar on content tiles wherever they appear — on the homepage, in search results, on capability pages, inside curations, etc.

