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

Last Modified on 08/10/2026 4:08 pm EDT

This article explains how to quickly find your in-progress and completed content.

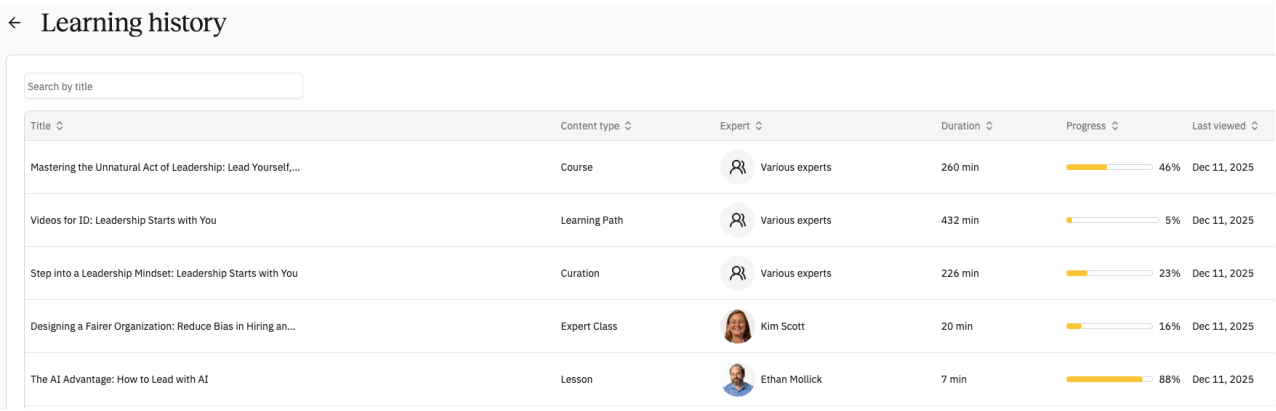
Big Think+ keeps a record of everything you're learning right in your Dashboard, making it easy to see what you've completed and to return to any content you've started.

What's in my Dashboard?

Your **Dashboard** gives you a snapshot of your learning activity at a glance. It displays:

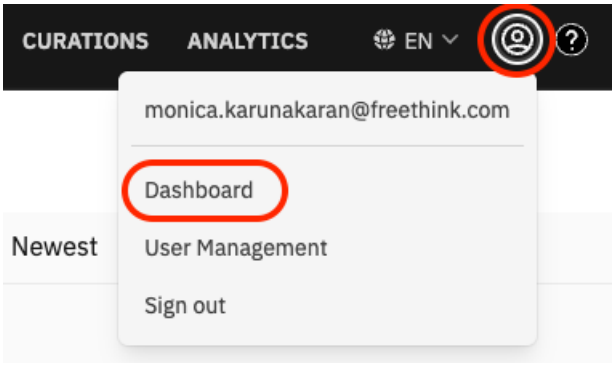
- Your four most recent *in-progress* items
- Your four most recent *completed* items

For a full view, the Dashboard also links to your **Learning History**, where you can browse your entire record of in-progress and completed content in table form.



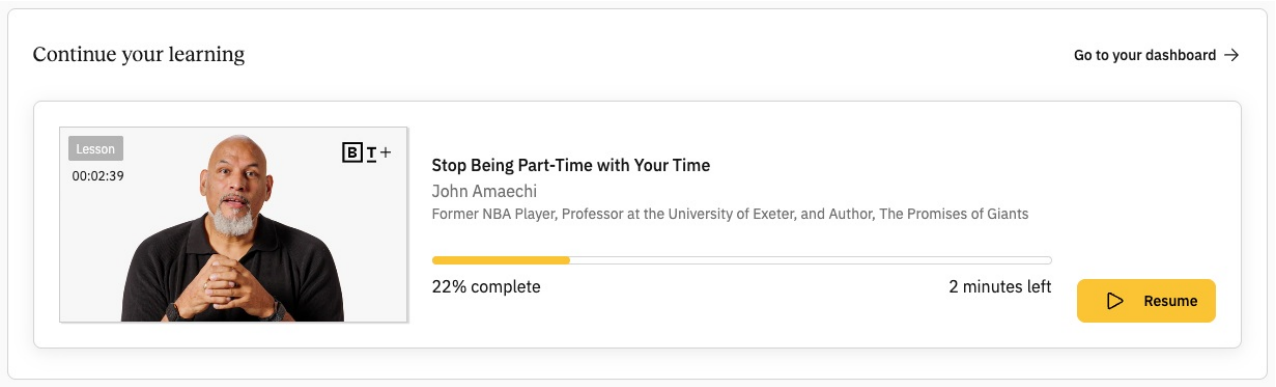
How do I access my Dashboard?

1. Click your **profile icon** in the top-right corner of the screen.
2. Select **Dashboard** from the dropdown menu.



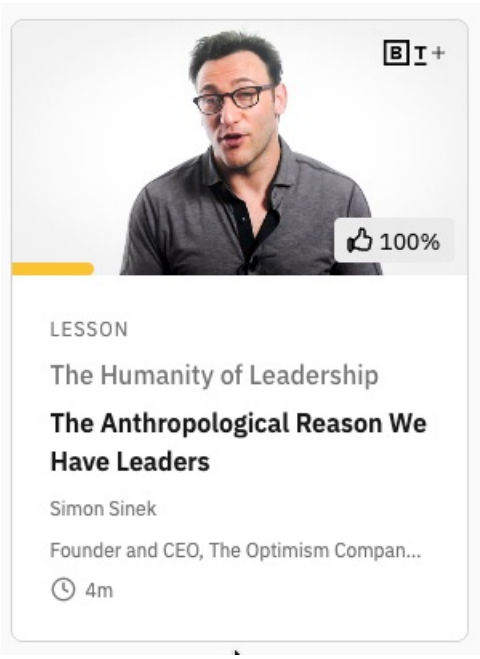
How can I pick up where I left off?

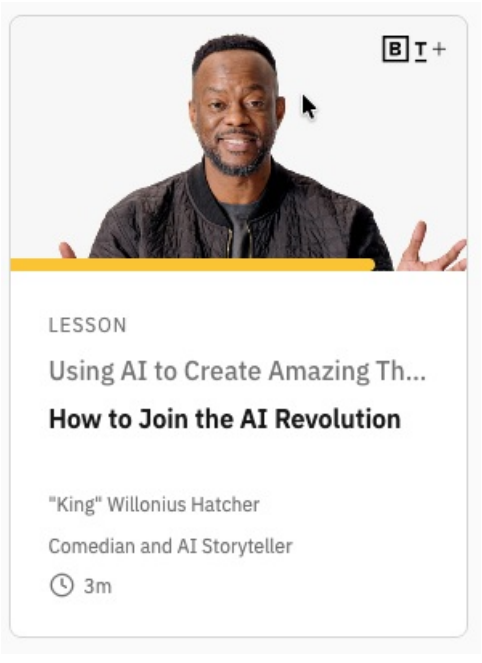
If you have in-progress content, your most recent item appears at the top of your homepage. Click it to continue your learning.



To find older in-progress or completed content, open your Dashboard or full Learning History and select any title to resume.

Progress also appears visually across the platform on any piece of content. A **yellow progress bar** indicates how much of that content you've already viewed.


100%
LESSON
The Humanity of Leadership
The Anthropological Reason We Have Leaders
Simon Sinek
Founder and CEO, The Optimism Compan...
4m


LESSON
Using AI to Create Amazing Th...
How to Join the AI Revolution
"King" Willonius Hatcher
Comedian and AI Storyteller
3m