## 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.



The Anthropological Reason We Have Leaders Simon Sinek Founder and CEO, The Optimism Company, and Best-Selling Author



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