



# How Children and Youth Learn

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If you know how young people learn, you can become a better 4-H leader. Youth learn the most when they are doing something. 4-H leaders can help members learn by involving them in an active manner.

We learn by:

## Reading

Young people remember about 10% of what they read. Be sure to give them things to do that can help them remember what they read.

## Hearing

Young people remember about 20% of what they hear. When you are teaching, give your club members a chance to talk about the lesson and ask questions.

## Seeing

Young people remember about 30% of what they see. You can use **visual aids** like posters and samples of the project. These help your club members learn more from your teaching.

## Hearing and Seeing

When young people see and hear new material, they remember about 50% of it. Watching someone show how to do something, seeing videos, and going on tours all use seeing and hearing.

## Saying

Young people remember about 70% of what they explain themselves. Give your club members a chance to talk about the lesson and their ideas.

## Saying and Doing

When young people say and do at the same time, they remember about 90% of the lesson. Give your club members lots of “hands-on” practice time. Make time for older members to help younger ones.

Young people can remember:  
10% of what they read  
20% of what they hear  
30% of what they see  
50% of what they see and hear  
70% of what they say as they talk  
90% of what they say as they do a task

## Six steps to teaching a new skill:

*I do, you watch.*

*I do, you help.*

*We do together.*

*You do, I help.*

*You do, I watch.*

*You do by yourself!*