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Description: Participants will often have pre-conceived ideas, generalizations or social myths about a topic when they enter training. “Myth buster” is a way of confronting these head on while using the data gained from the session to support a new position.

Objective: Check the participants’ understanding through their application of knowledge to a series of common myths.

Audience: Beginning or intermediate knowledge level in relation to the content

Time: 20-30 minutes, depending on the number of myths to be busted

Group Size: Any size

Materials: A list of common myths about a topic of your choice.

Process: Identify your myth-busting topic and research some of the common myths. For example, here is a list from Liz Davidson, CEO of Financial Finesse, which she contributed to Forbes magazine about investing:

- Myth 1 – You should focus on finding opportunity which could turn into very lucrative “home run” investments.
- Myth 2 – The more you study the market, the better you will do in the market.
- Myth 3 – International investing is too risky; you should stay domestic.
- Myth 4 – Good quarterly or annual returns mean the fund has a good strategy.
- Myth 5 – A more complex investment strategy is better. This is what it takes to beat the market.

Present the list to the participants and ask them to either confirm or debunk the myth using information learned during the session. As an extension, it is a good idea to add some myths which are in fact true to really test their understanding of the topic.

Debrief: Depending on the size of the overall group, facilitate a sharing of the most ideal answers to the myth buster questions. This could include a combination of responses by you and the participants.

Variations: 1. Create different myth sheets for different groups and have them teach back their responses to the other groups. This enables a larger amount of content to be covered and creates a more dynamic interaction between participants.

2. Reverse the process and ask the participants to create the myth busting questions based on topics covered in the session. They would then test their peers as part of the revisit. In this way, it is a “checking for understanding” activity for both the participants creating the questions as well as the ones being asked the questions.