One example of a Modernisation Theory is Rostow’s Economic Stages of Growth. This model suggests that countries go through a predefined set of five stages before becoming a fully developed nation.

### Stage One: Traditional Society
- Agriculture and other primary industries are the only means of existence. The work is highly labour intensive due to the limited availability of advanced technology.
- Subsistence agriculture dominates this farming, with food being eaten by the producers rather than being sold for profit.
- There is limited scope to develop any raw materials in the country so the development of other industries is restricted.

### Stage Two: Pre-conditions for Take-Off
- Mechanisation starts to enter farming and greater yields create more commercialisation of food.
- Secondary industries such as textiles begin to develop as skill and education levels increase.
- Foreign Direct Investment may see the country begin to develop simple communication and transport infrastructures.

### Stage Three: Take-Off
- Further industrialisation creates a multiplier effect where businesses use each other to grow and develop.
- Most workers are now employed in secondary industries.
- Development may become largely regional and centred around urban spaces.

### Stage Four: Drive to Maturity
- Modern technology has spread across almost all industries in the country and many sectors start to gain an international reputation.
- Workers are highly skilled and start to become specialised within certain industries.

### Stage Five: Age of High Mass Consumption
- Employment becomes very much based around service industries and the consumption of high order goods that are made overseas.
- Finance systems are well established with banks able to loan money to other countries.
- Country plays a key role in international organisation.