Click4it Wiki - Toolkit

Cognitive Load

General Guidelines

1. Remember:
   - The working memory has limited capacity to process and store information
   - There is no control on which information is integrated into the long-term memory
   - The information provided to learners must be carefully selected, avoiding overwhelming the working memory
2. Identify:
   - What is necessary to know to meet the learning objectives
   - The compulsory study materials required to meet the learning objectives
   - What would be nice to know to complement the learning
3. Include what is necessary to know in the compulsory study materials
4. Include what is nice to know as optional or additional study materials
5. Make sure that each lesson in a particular course:
   - Provides reasonable amount of information (pages/slides) and does not overwhelm the working memory
   - Includes reasonable amount of text (pages/slides) and that sentences are short and easy to understand

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