

Cognitive load theory

making it work with instructional design

Cognitive load theory (CLT) highlights how our brains handle information, offering instructional designers valuable strategies to create engaging, effective courses. With today's information overload, understanding our brain's limits is essential to avoid learner frustration.



The three types of cognitive load theory



Germane load

This is the mental effort of organizing and integrating new information. This is where the real learning happens.

Intrinsic load

This refers to the complexity inherent to the task or content itself. Some concepts are just complex - there's no "low-wash load" to make quantum physics simple.

Extraneous load

The mental equivalent of background noise - poor instructional design, distractions, or irrelevant information that gets in the way.

Tips to apply cognitive load theory



Chunk content

Breaking down information into smaller "chunks" can make complex topics more manageable. Take project management for instance. - Instead of dumping the entire methodology in one go, serve it up in defined portions: planning, execution, and review.



Embrace the power of less

Those fancy animations and decorative images? Unless they're pulling their weight in exploring concepts, show them the door. Remember: every unnecessary element is like a mental tax on your learner's attention.



Use scaffolding techniques

Start with plenty of support, then slowly ease off as learners find their balance. Begin with guided practice, transition to collaborative work, and finally let them fly solo. It's like teaching someone to ride a bike - you don't just push them down a hill and hope for the best.



Show, don't just tell

Worked examples are your secret weapon against confusion. Instead of throwing learners into the deep end, walk them through solutions step-by-step, and then let them practice similar scenarios. Seeing is believing (and understanding).



Design with the eyes in mind

Your layout shouldn't look like a game of "where's wally?" Use white space to create a clean look and align text with relevant visuals to avoid "split attention" (Sweller, Ayres, & Kalyuga, 2016).

A Cognitive Approach To Instructional Design For

Didier Musso



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Table of Contents A Cognitive Approach To Instructional Design For

1. Understanding the eBook A Cognitive Approach To Instructional Design For
 - The Rise of Digital Reading A Cognitive Approach To Instructional Design For
 - Advantages of eBooks Over Traditional Books
2. Identifying A Cognitive Approach To Instructional Design For
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an A Cognitive Approach To Instructional Design For
 - User-Friendly Interface
4. Exploring eBook Recommendations from A Cognitive Approach To Instructional Design For
 - Personalized Recommendations
 - A Cognitive Approach To Instructional Design For User Reviews and Ratings
 - A Cognitive Approach To Instructional Design For and Bestseller Lists

5. Accessing A Cognitive Approach To Instructional Design For Free and Paid eBooks
 - A Cognitive Approach To Instructional Design For Public Domain eBooks
 - A Cognitive Approach To Instructional Design For eBook Subscription Services
 - A Cognitive Approach To Instructional Design For Budget-Friendly Options
6. Navigating A Cognitive Approach To Instructional Design For eBook Formats
 - ePub, PDF, MOBI, and More
 - A Cognitive Approach To Instructional Design For Compatibility with Devices
 - A Cognitive Approach To Instructional Design For Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of A Cognitive Approach To Instructional Design For
 - Highlighting and Note-Taking A Cognitive Approach To Instructional Design For
 - Interactive Elements A Cognitive Approach To Instructional Design For
8. Staying Engaged with A Cognitive Approach To Instructional Design For
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers A Cognitive Approach To Instructional Design For
9. Balancing eBooks and Physical Books A Cognitive Approach To Instructional Design For
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection A Cognitive Approach To Instructional Design For
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine A Cognitive Approach To Instructional Design For
 - Setting Reading Goals A Cognitive Approach To Instructional Design For
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of A Cognitive Approach To Instructional Design For
 - Fact-Checking eBook Content of A Cognitive Approach To Instructional Design For
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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