

Cutting Load In A Lesson

Education

Practical changes that free up working memory for the idea being taught.

Every item below removes load that the content did not require.

In materials

Label diagrams directly, drop the key

Delete decorative images from explanations

One example per slide, not four

Give the formula rather than making them recall it

Cut instructions to the fewest steps that work

In the lesson

Do not narrate text pupils are reading

Teach one new idea at a time

Practise the sub-skill before the whole task

Leave models on display during practice

Reduce copying so effort goes on thinking

Applies cognitive load theory, which is well supported. Load reduction helps novices most and can hinder experts once material is familiar.