

Cognitive Load

Psychology

Three kinds of load, and which one to reduce.

Sweller's three types.

Load	Comes from	Do
Intrinsic	The material's inherent difficulty	Sequence and segment it
Extraneous	Poor presentation	Eliminate it
Germane	Effort building schemas	Encourage it

The split-attention effect: separating a diagram from its explanation forces the learner to hold one in memory while reading the other.