

Recommendations for the classroom from cognitive load research

Strategy 1: Tailor lessons according to students existing knowledge and skill. (Element Interactivity effect)

Strategy 2: Use lots of work examples to teach students news content or skills (Worked Example effect)

Strategy 3: Gradually increase independent problem solving as students become more proficient. (Expertise reversal effect)

Strategy 4: Cut out in essential information. (Redundancy effect)

Strategy 5: Present all the essential information together. (Split-attention effect)

Strategy 6: Simplify a complex information by presenting it both orally and visually (Modality effect)

Strategy 7: Encourage students to imagine concepts and procedures that they have learned (Imagination effect)



<https://education.nsw.gov.au/about-us/educational-data/cese/publications/practical-guides-for-educators/cognitive-load-theory-in-practice>



Learner and Teacher Agency