

# Cognitive Load Theory

(Kalyuga and Capan, 2009; Sweller, Merriënboer, & Paas, 1998; Sweller et al., 2019)

## Cognitive Load

(the amount of cognitive processing your brain can handle at one time)



### Intrinsic Load

(complexity of information)



### Germane Load

(linking new info with current info)



### Extraneous Load

(unnecessary and distracting info)

