

## OVERVIEW

It has been described as one of the most important psychological theories that teachers should know, but what actually is Cognitive Load Theory? And more importantly, how can teachers best utilise it in their classroom?

Our Cognitive Load Theory workshops explain the research in a simple to understand yet easy to use way. Your staff will leave with a range of evidence informed strategies that can help their students learn more efficiently and effectively in their lessons.



## KEY MESSAGES

### What is Cognitive Load?

- An introduction and overview
- Working memory, long-term memory and the importance of transfer

### How to present new information

- The Split-Attention Effect
- The Redundancy Effect

### Scaffolding support

- Worked Examples
- Completion Tasks
- The Expert Reversal Effect

### Maximising long-term memory

- Retrieval Practice, Production Effect
- Spacing, Interleaving
- Dual Coding, Elaborative Interrogation



## BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or **info@innerdrive.co.uk**