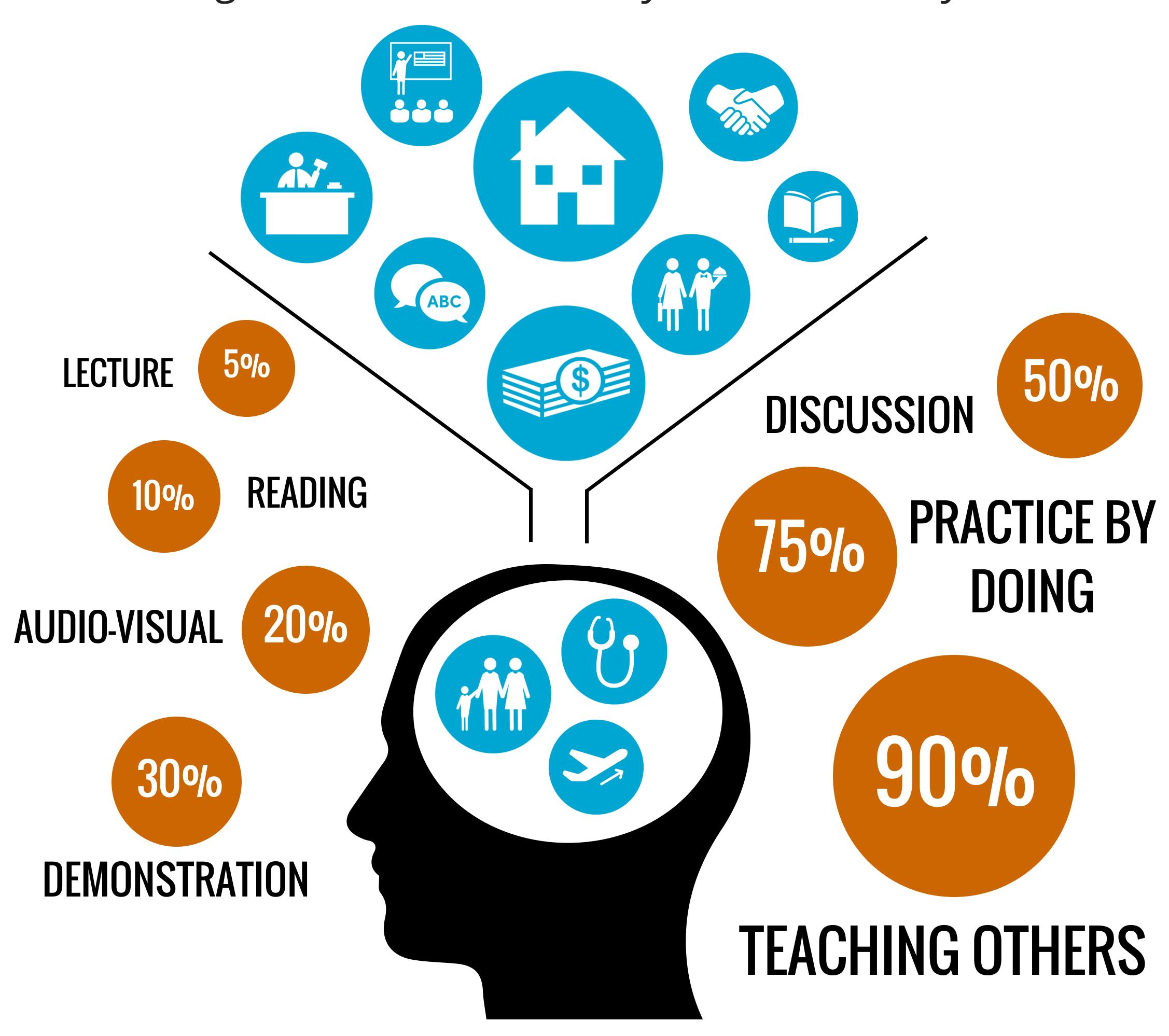


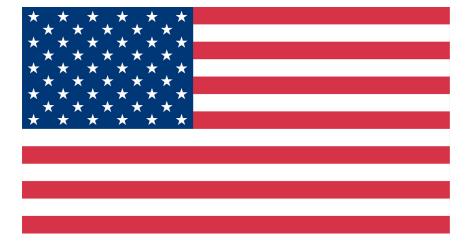
COGNITIVE LOAD AND MEMORY

Cognitive load is the amount of information that working or short-term memory can hold at anytime.



Avoid cognitive **over**load!

Knowing how memory works will enhance CO and promote knowledge retention.







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