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

Avoid cognitive overload!

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

The contents of this poster were developed under an agreement financed by the Bureau of Population, Refugees, and Migration, United States Department of State but do not necessarily represent the policy of that agency and should not assume endorsement by the Federal Government. This material is in the public domain and may be reproduced.