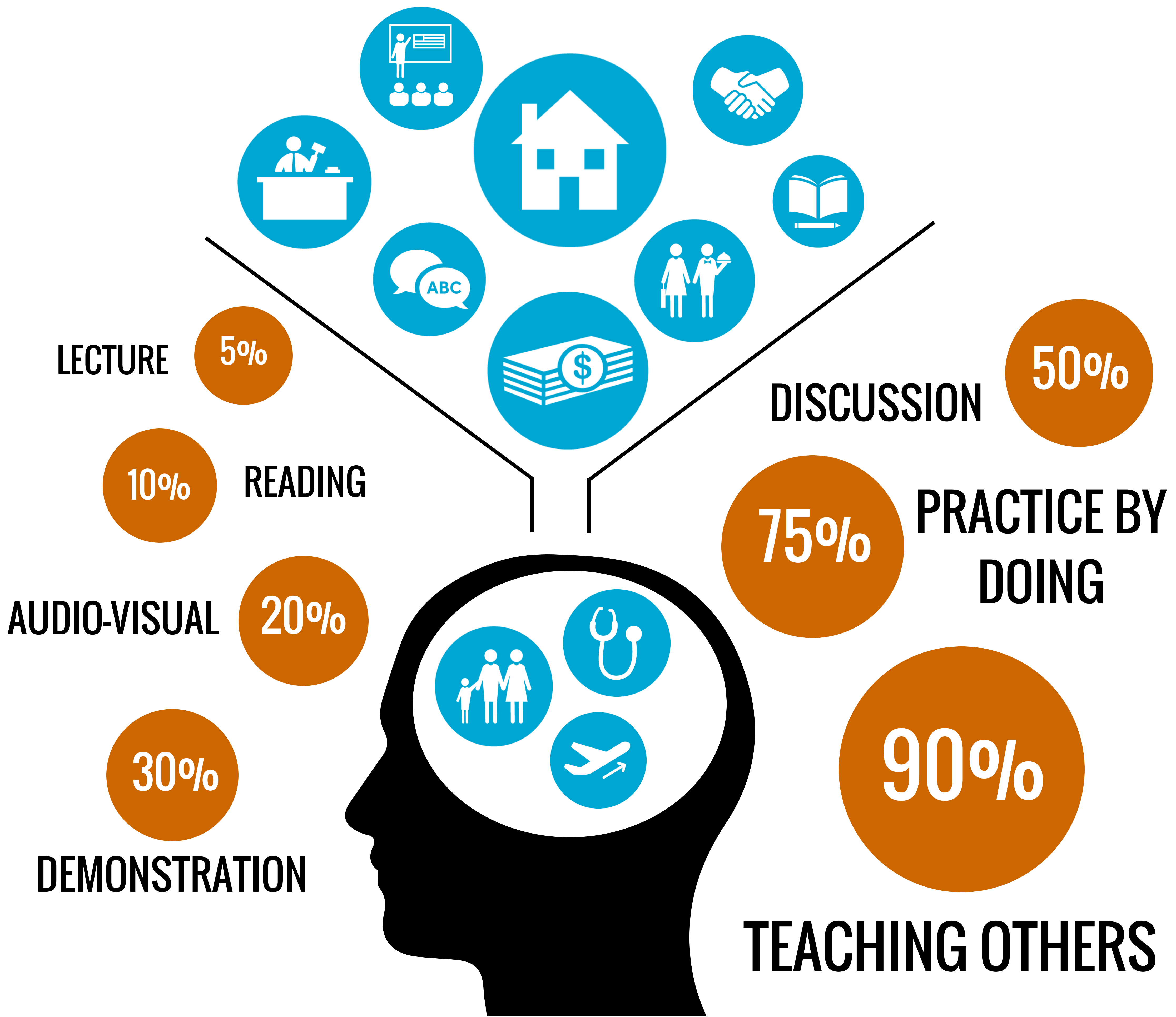


COGNITIVE LOAD AND MEMORY

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.

