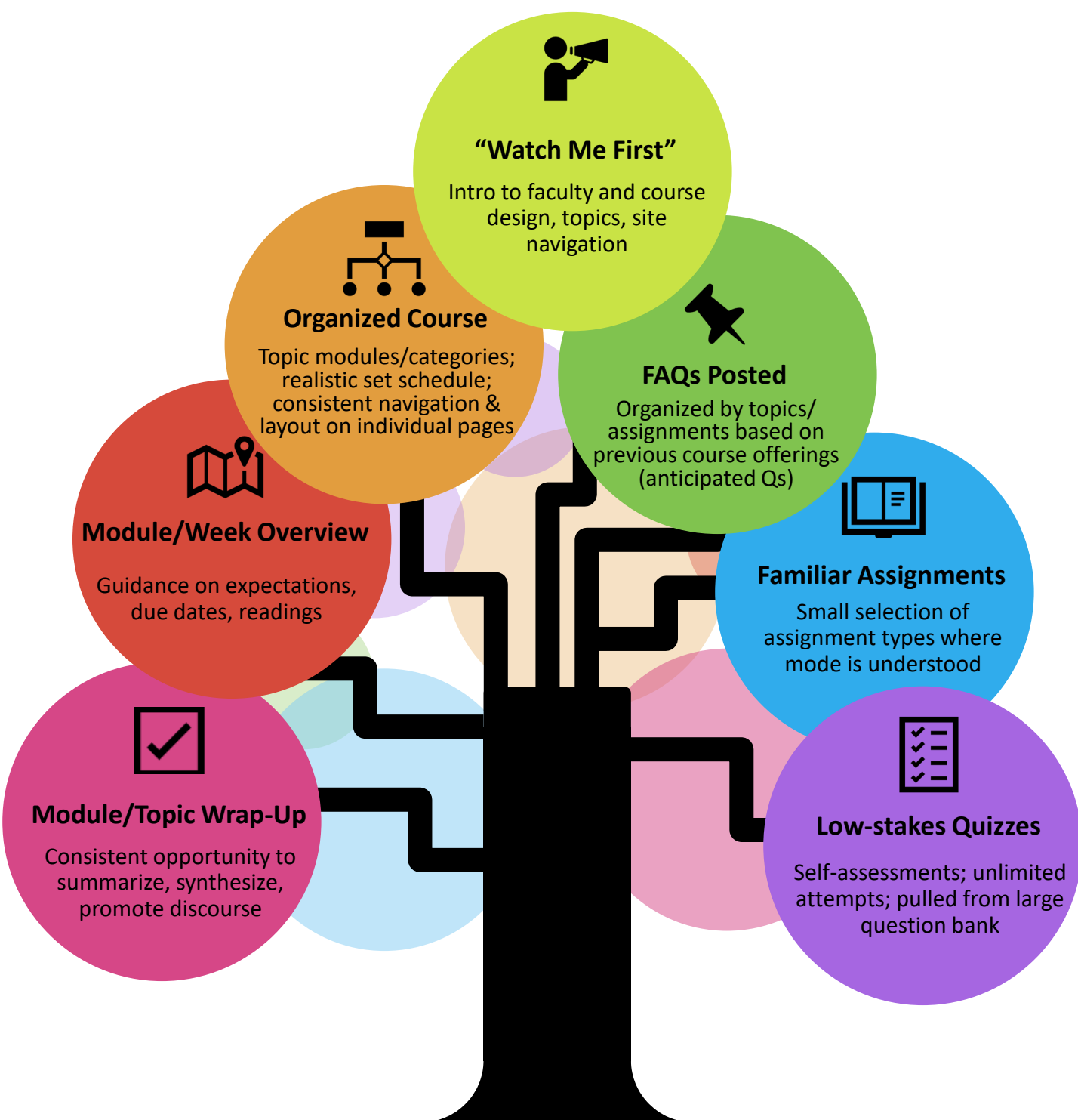




Tips for Limiting Extraneous Cognitive Load in Online Classes

“Each task [in an online class] has a level of *intrinsic cognitive load*, or the amount of mental energy that is required to accomplish the core objective of that task. Certain types of material may be very complicated and have high intrinsic cognitive load whereas other types of material may be very low. ... **Extraneous cognitive load** is how much of a student’s mental resources are being used in tasks unrelated to the intrinsic cognitive load involved with the core learning objectives of an activity. Optimally, a student should be using almost all of their resources [on intrinsic cognitive load] to learn the course material.”¹



¹ Franklin, Robert. “Simple Is Best: Cognitive Load and Effective Course Design.” *Strategies That Stick*, Earworm Media, 12 June 2019, <https://earworm.media/simple-is-best-cognitive-load-and-effective-online-course-design/>.