

Cognitive load

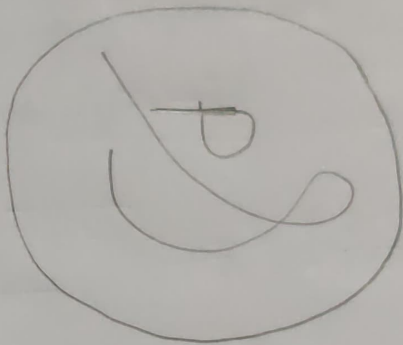
The amount of mental activity which is required to perform a task (or) achieve an objective is known as cognitive load.

Cognitive load is playing a vital role in designing the user interface

since it

- * provides aids to allow the user to rely on powers of recognition.
- * Automating tasks that require extensive memory.
- * Eliminates the noisy and un-necessary information.
- * Properly formatting & grouping the information.

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