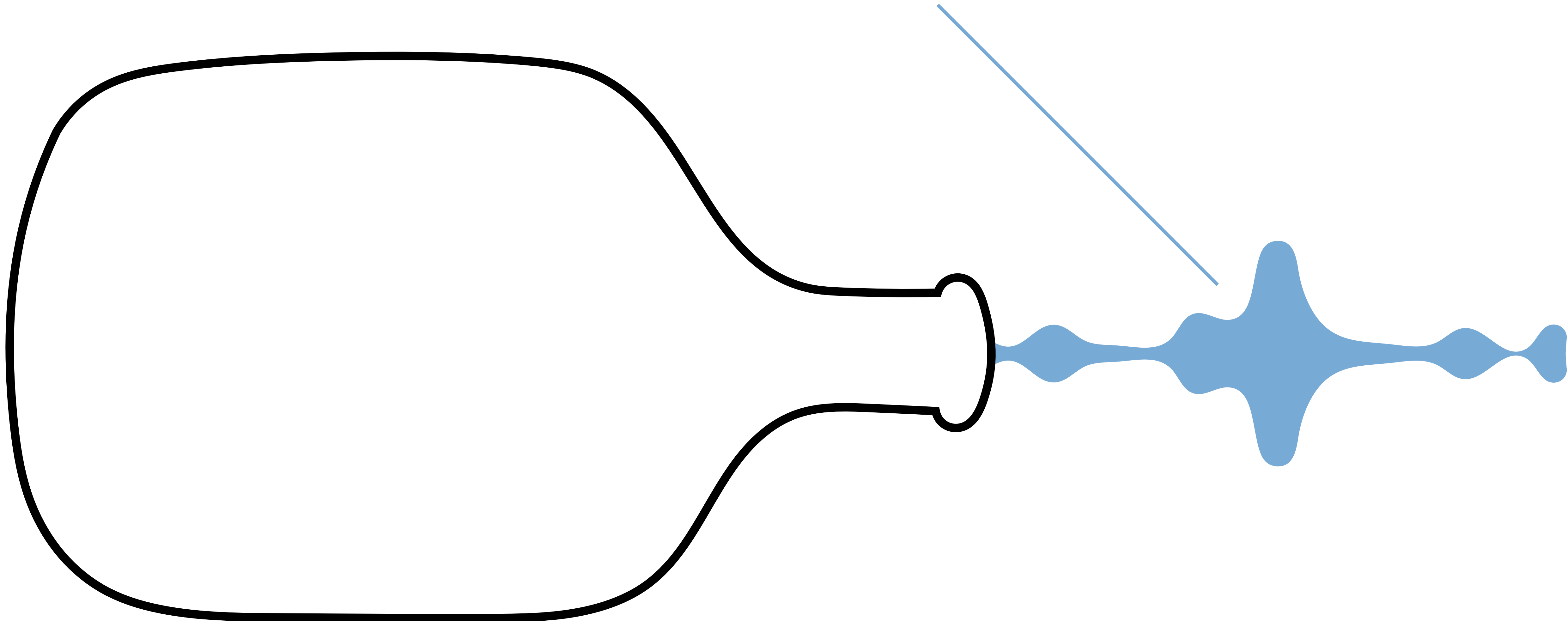Cognitive Load Theory

i. **Extraneous** - lost to distractions

Cognitive Load Theory

i. **Extraneous** - lost to distractions
ii. **Intrinsic** - inherent difficulty